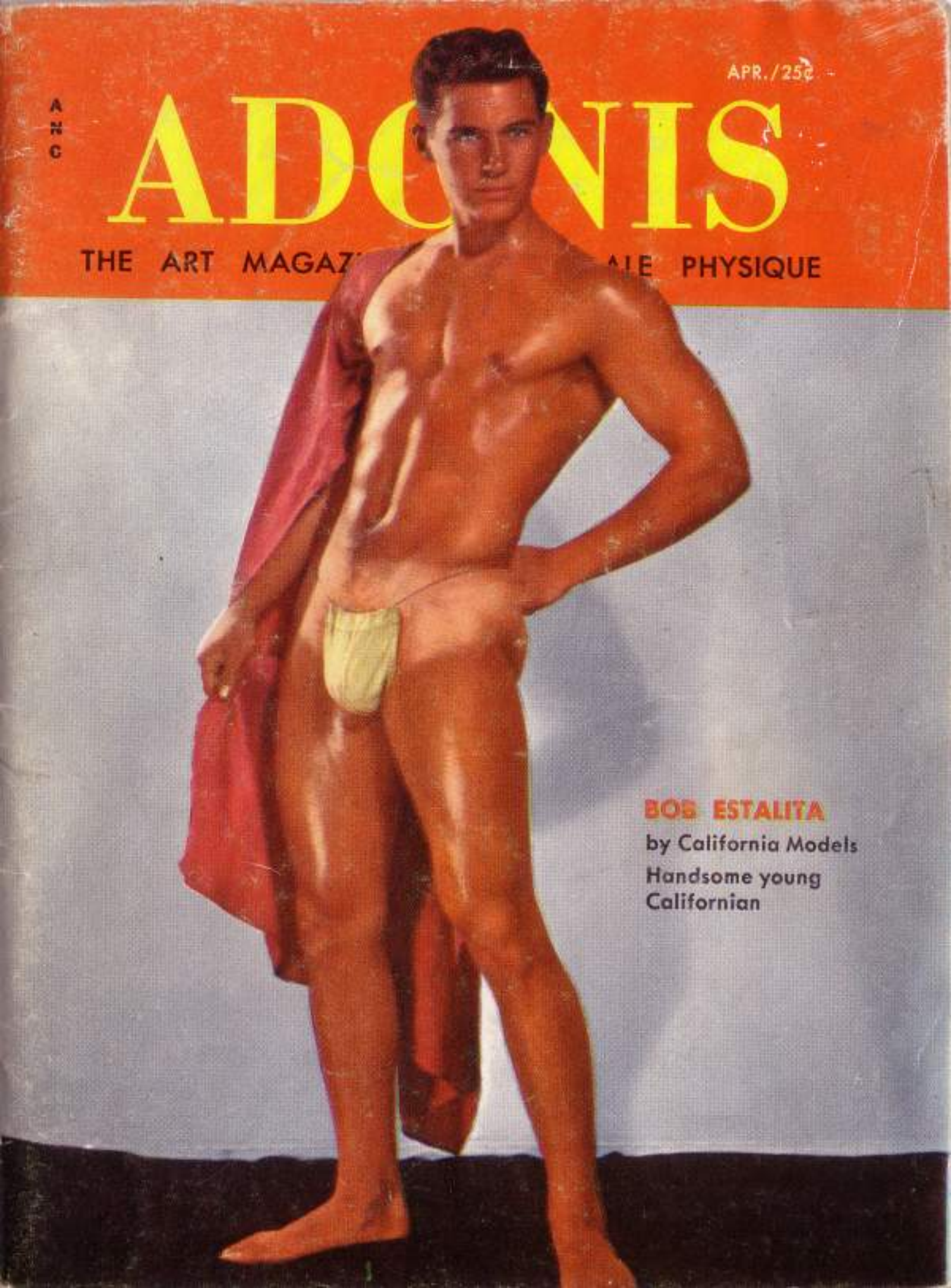
APR./25¢

ADONIS

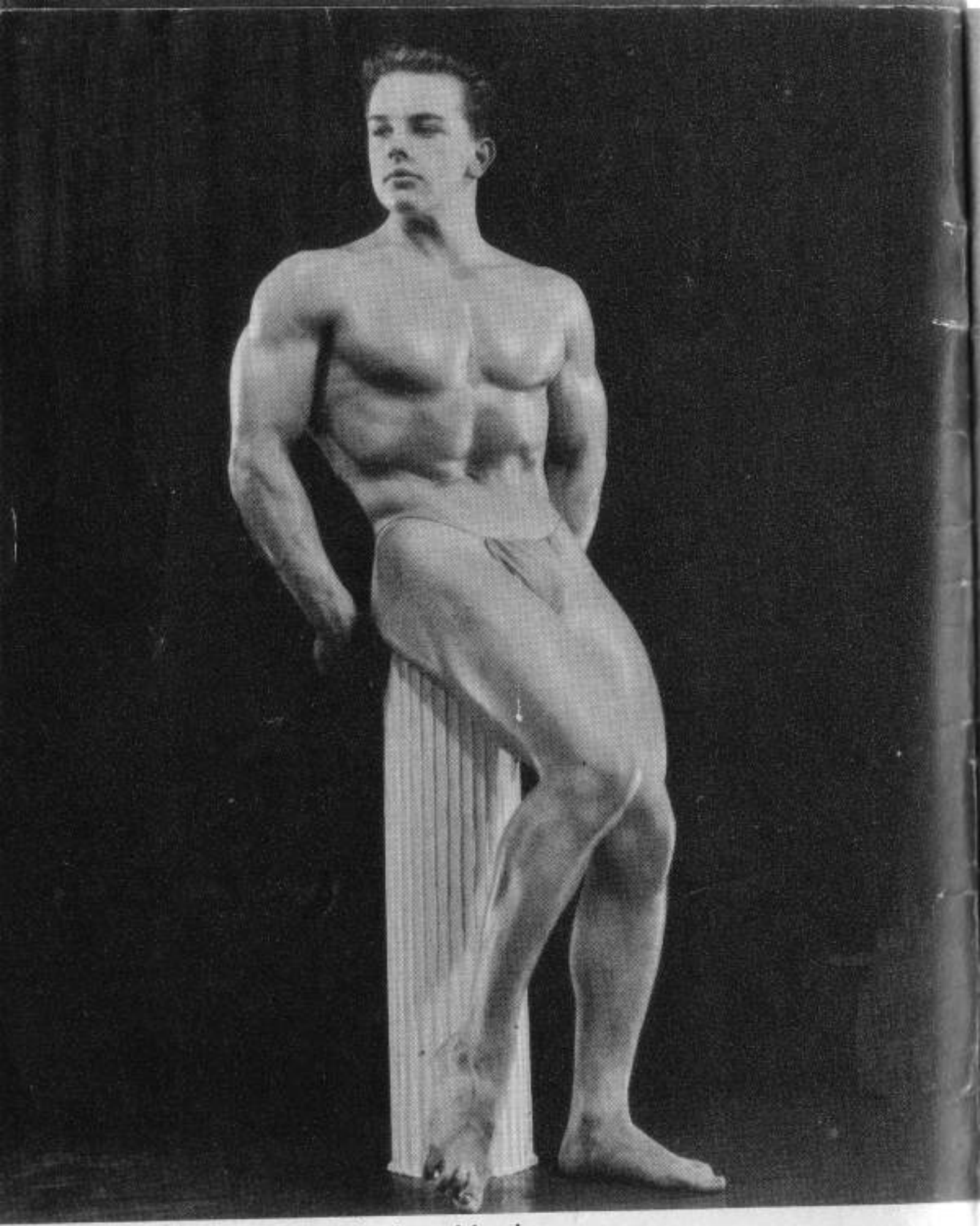
THE ART MAGAZ[illegible]LE PHYSIQUE



BOB ESTALITA

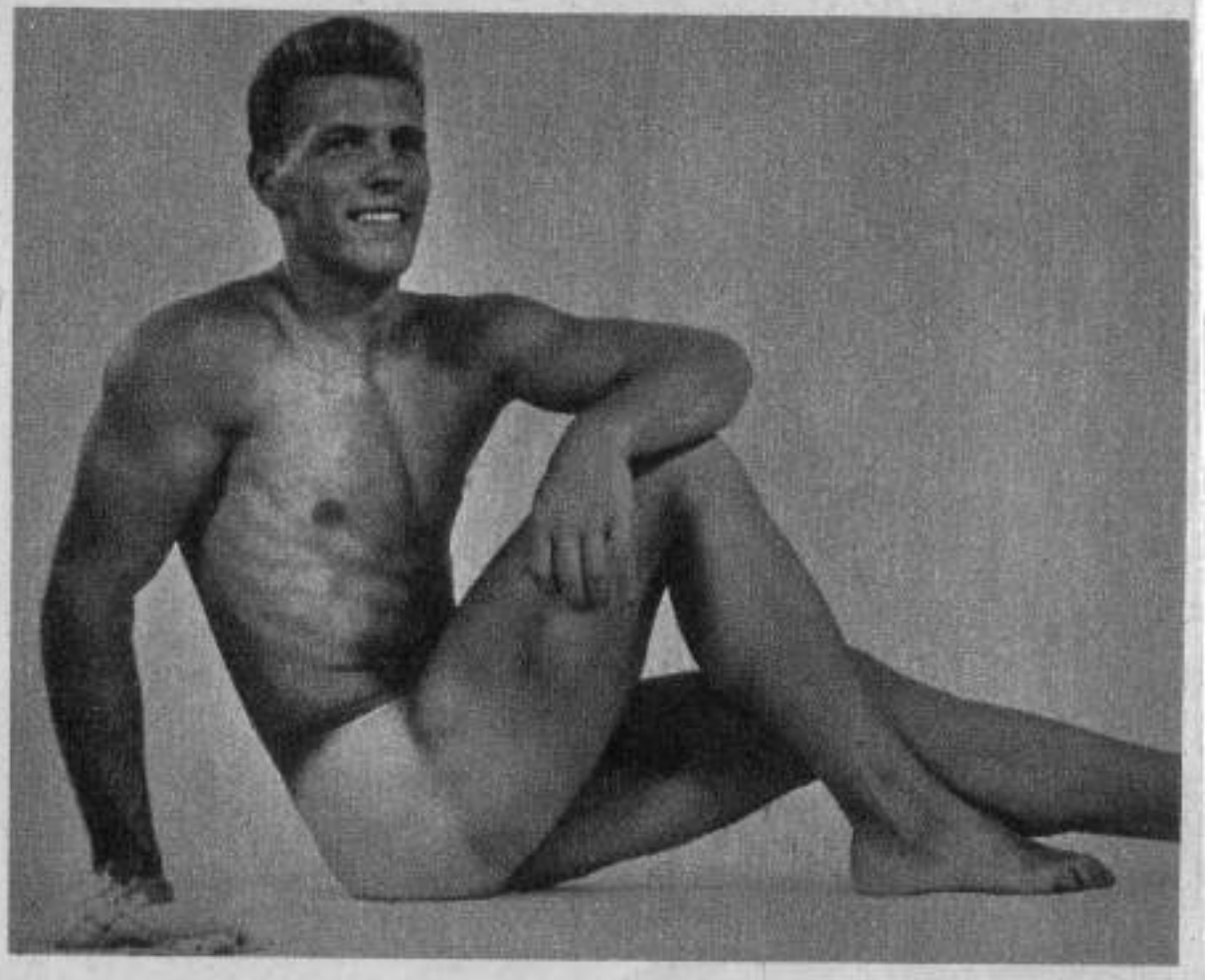
by California Models

Handsome young Californian



JIM STEVENS by Lon of London
England's teen-age superman

Foreword



BOB HOVER by Togof *New screen Adonis*

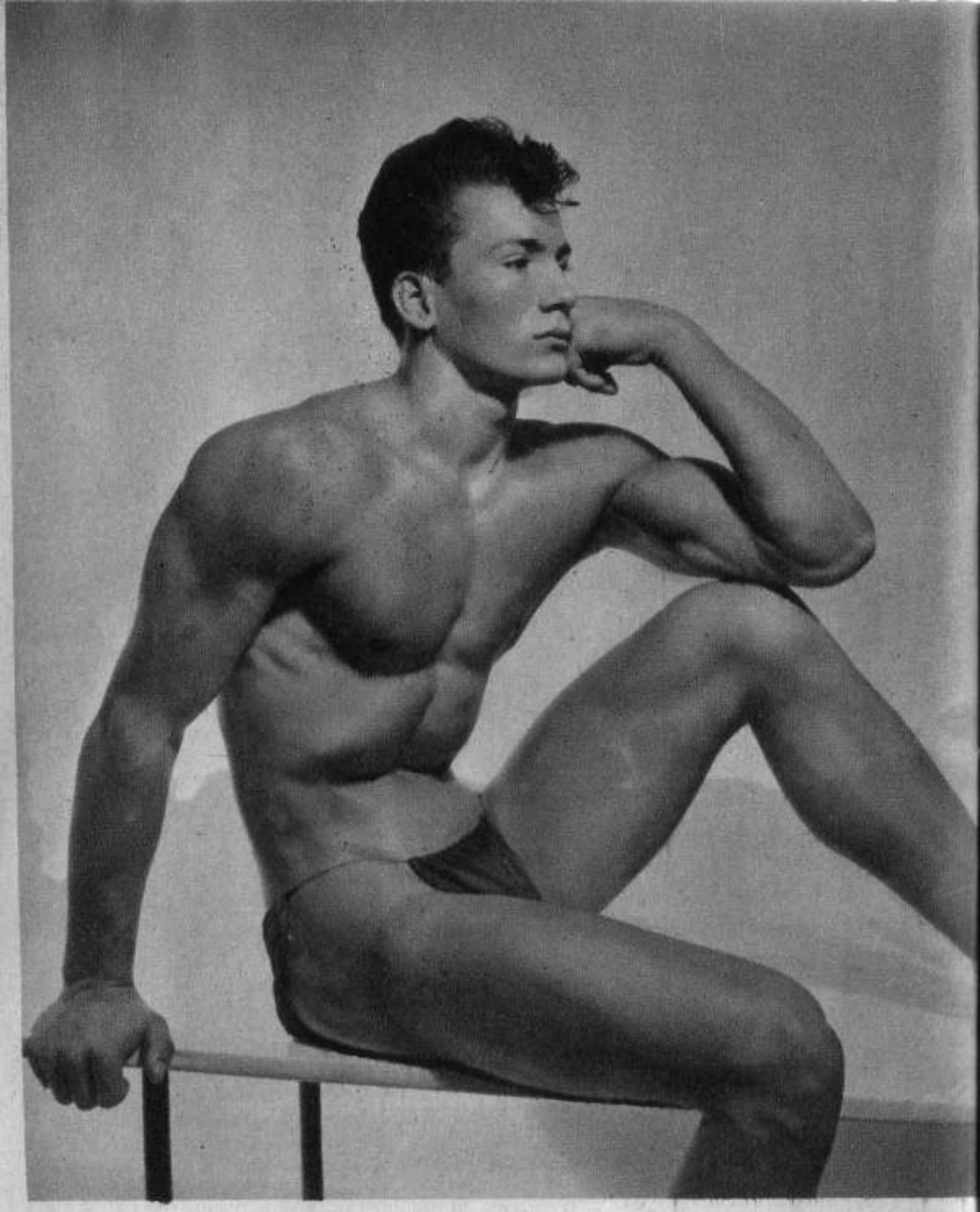
photo finish!

One of our constant readers has come up with what we think is a fine idea. Mr. Mose Peterson of Mobile, Alabama, says, "Somebody's always running a contest for the "best physique", but nobody ever seems to have a "best photograph" competition.

"Why don't you start a new page in your magazines from the camera angle? Call it something like "I Like This Picture because . . .", or "I Like The Picture of ——— ——— because . . .".

Well, friend Mose, we're gonna (*Continued on page* 52)

APRIL 1956, VOL. 2, NO. 2, Published bi-monthly by Adonis Publications, 16 Hopkins Avenue, Jersey City, N. J. Printed in the U.S.A.



STEVE WENGRYN by Vulcan Studios

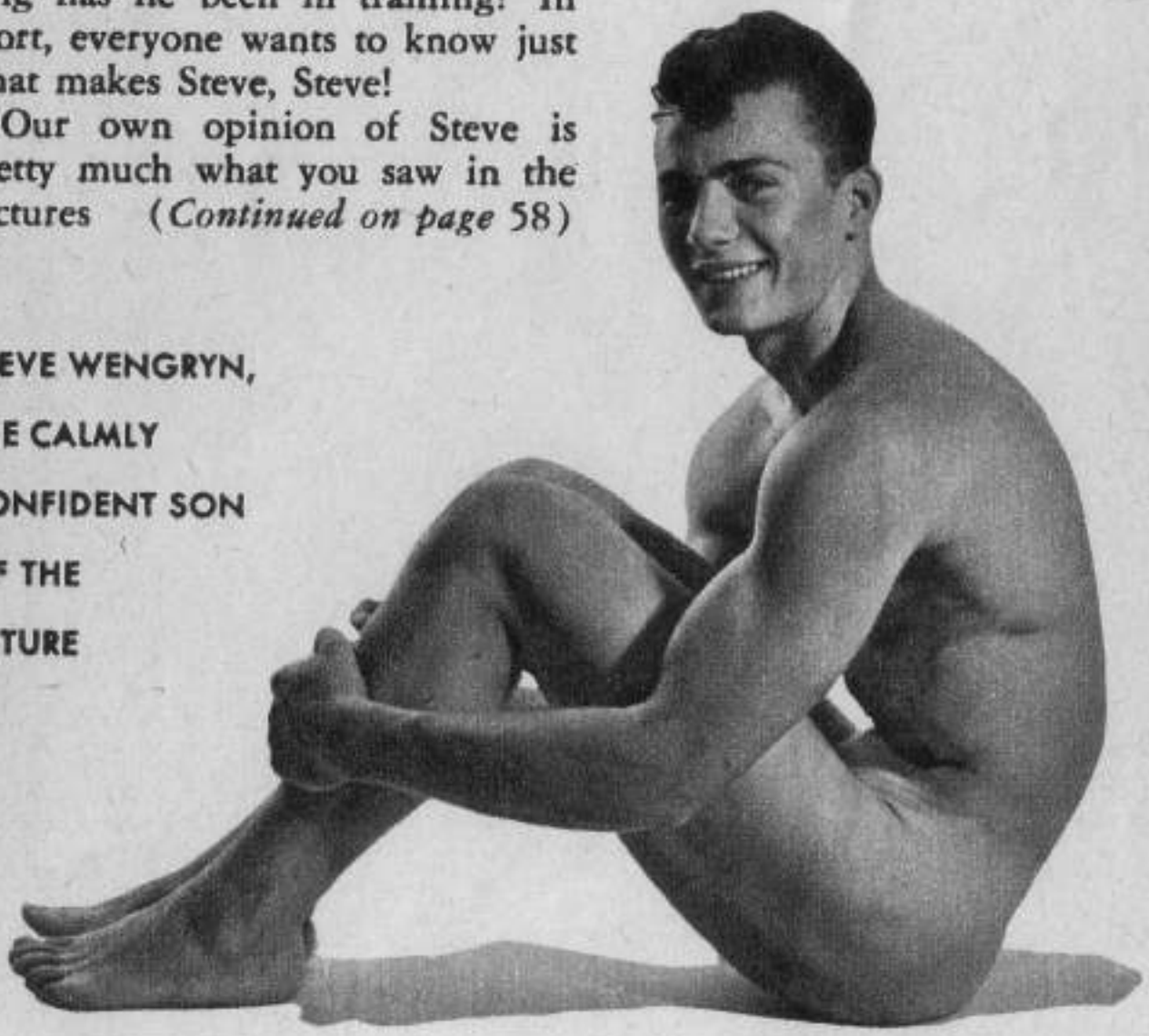
Steve, alias 'Brauchitsch'

viking in our midst

In last month's BODY BEAUTIFUL we were pleased to present to you America's fastest-rising young physique star, Steve Wengryn, in an interpretation of the dream-vision in John Masefield's poem, 'On Growin' Old'. Little did we know just what we were letting ourselves in for! !

Now that we have shoveled our way from under our last ton of mail, we're still wondering what happened! Everyone's asking about Steve . . . who is he . . . how old is he . . . what does he do . . . how long has he been in training? In short, everyone wants to know just what makes Steve, Steve!

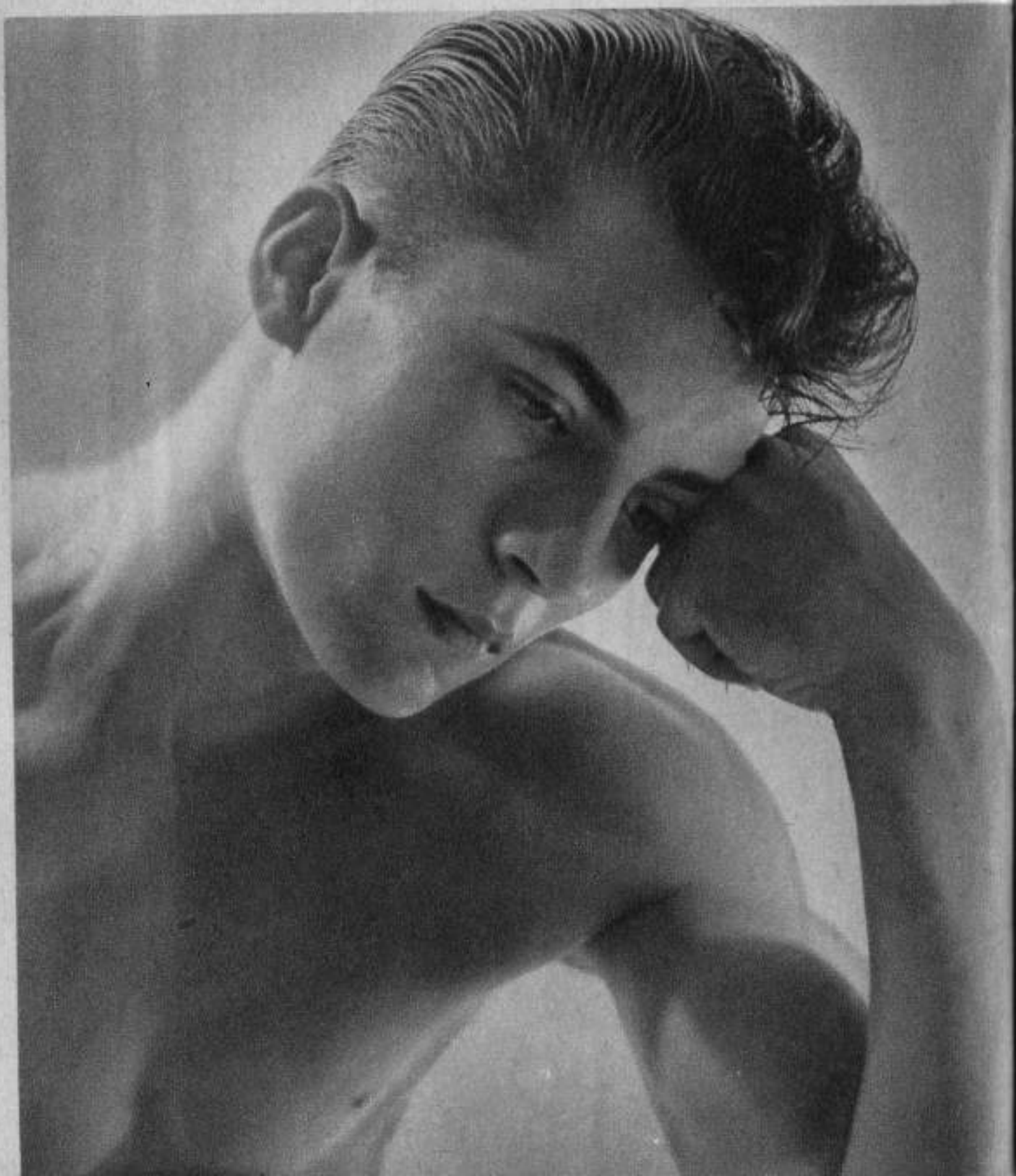
Our own opinion of Steve is pretty much what you saw in the pictures (*Continued on page* 58)

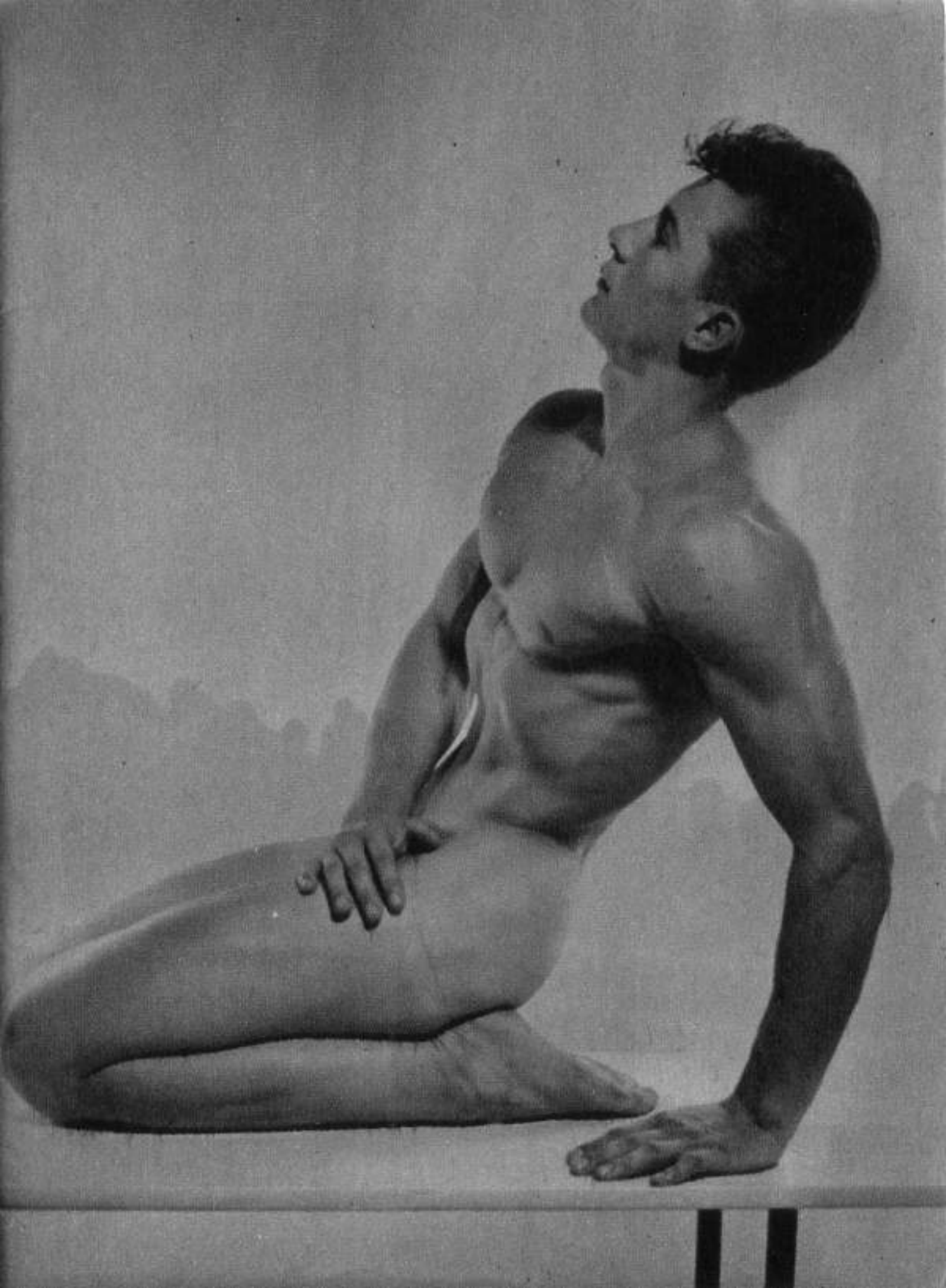


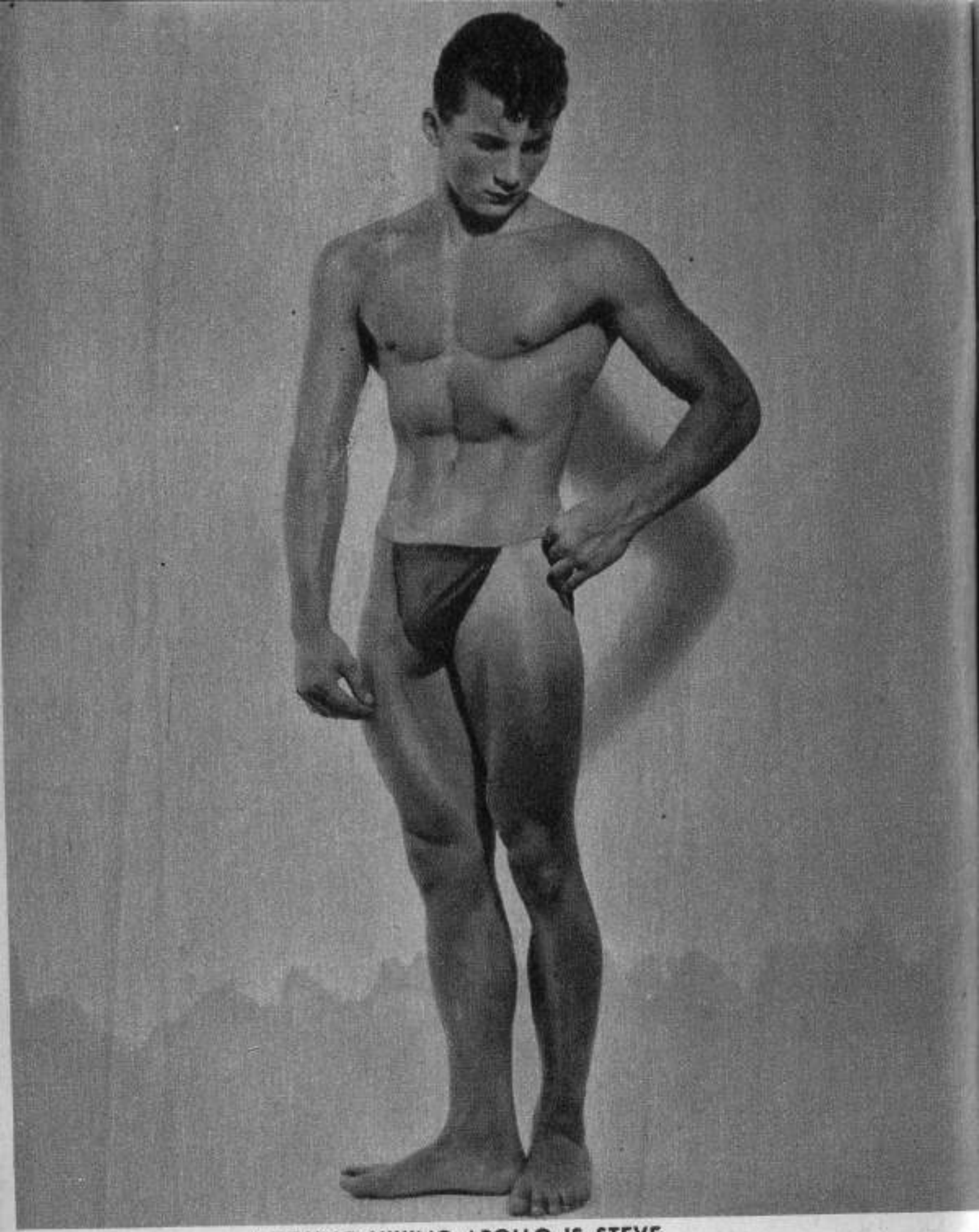
STEVE WENGRYN, THE CALMLY CONFIDENT SON OF THE FUTURE

THE LISSOME GRACE OF ADOLESCENCE by Vulcan

THE MOODY PENSIVENESS OF STEVE IS REFLECTED HERE







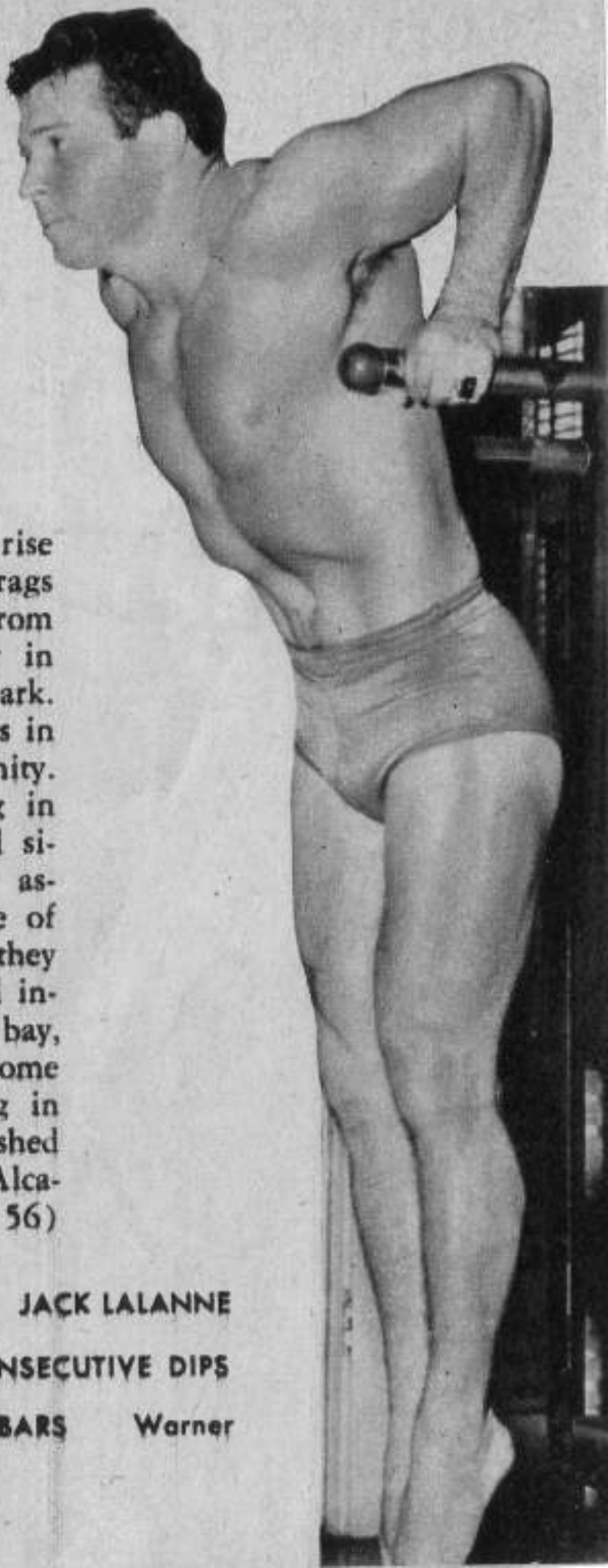
A YOUNG VIKING APOLLO IS STEVE

California's

master of the impossible

The walls of Alcatraz Prison rise cold and forbidding above the crags of this rocklike island. Escape from this famous bastille ends only in one way . . . death by gun or shark. To swim its treacherous currents in any form is an invitation to eternity.

Yet on one sunny morning in early July, 2000 convicts stood silently cheering for what they assumed to be an escape by one of their fellow-prisoners. For as they looked unbelievingly downward into the icy grim waters of the bay, what did they see but a handsome young man, handcuffs glinting in the sun, as he paddled and pushed his way from the very gates of Alcatraz to (*Continued on page* 56)

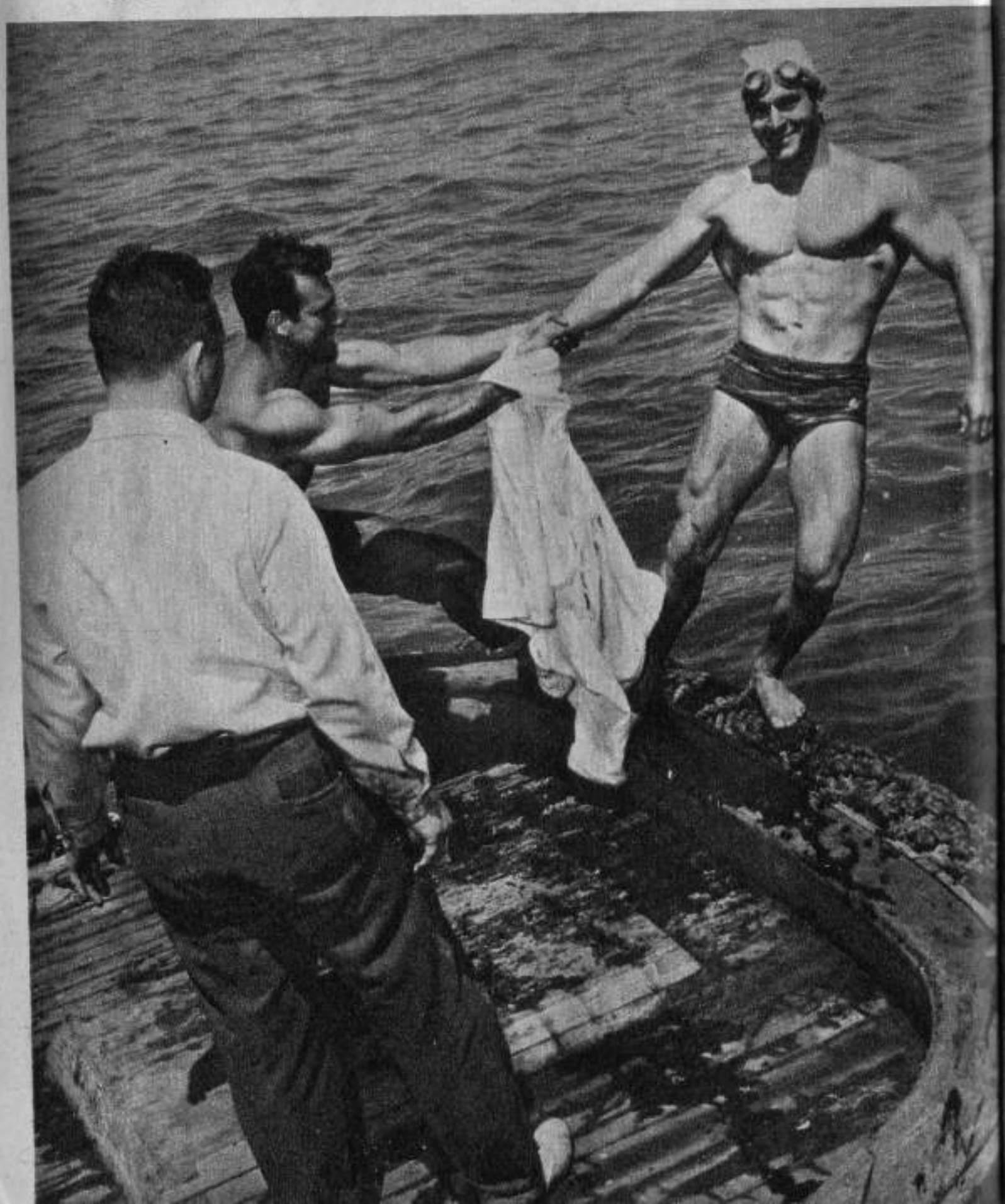


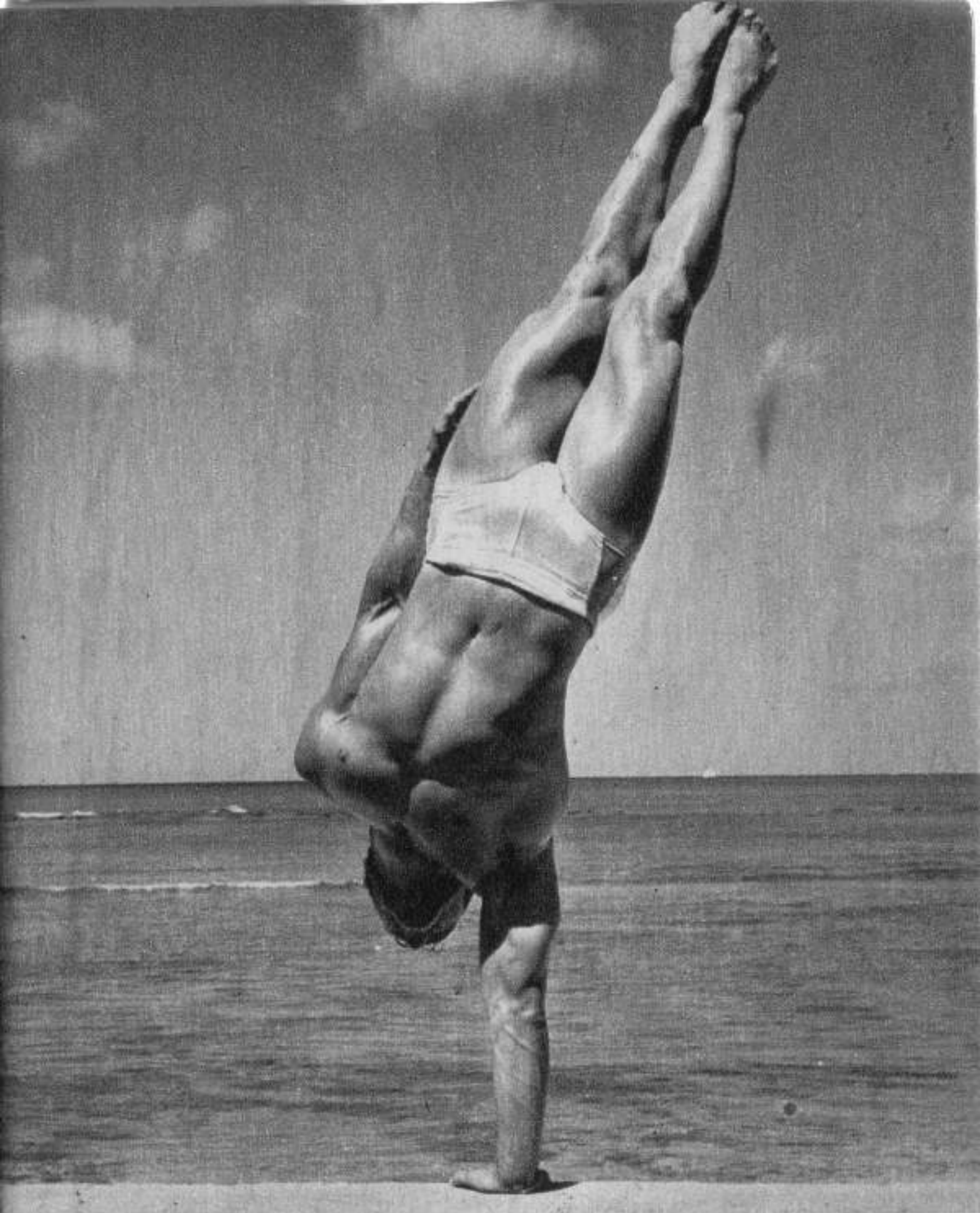
JACK LALANNE

MASTER OF 1000 CONSECUTIVE DIPS

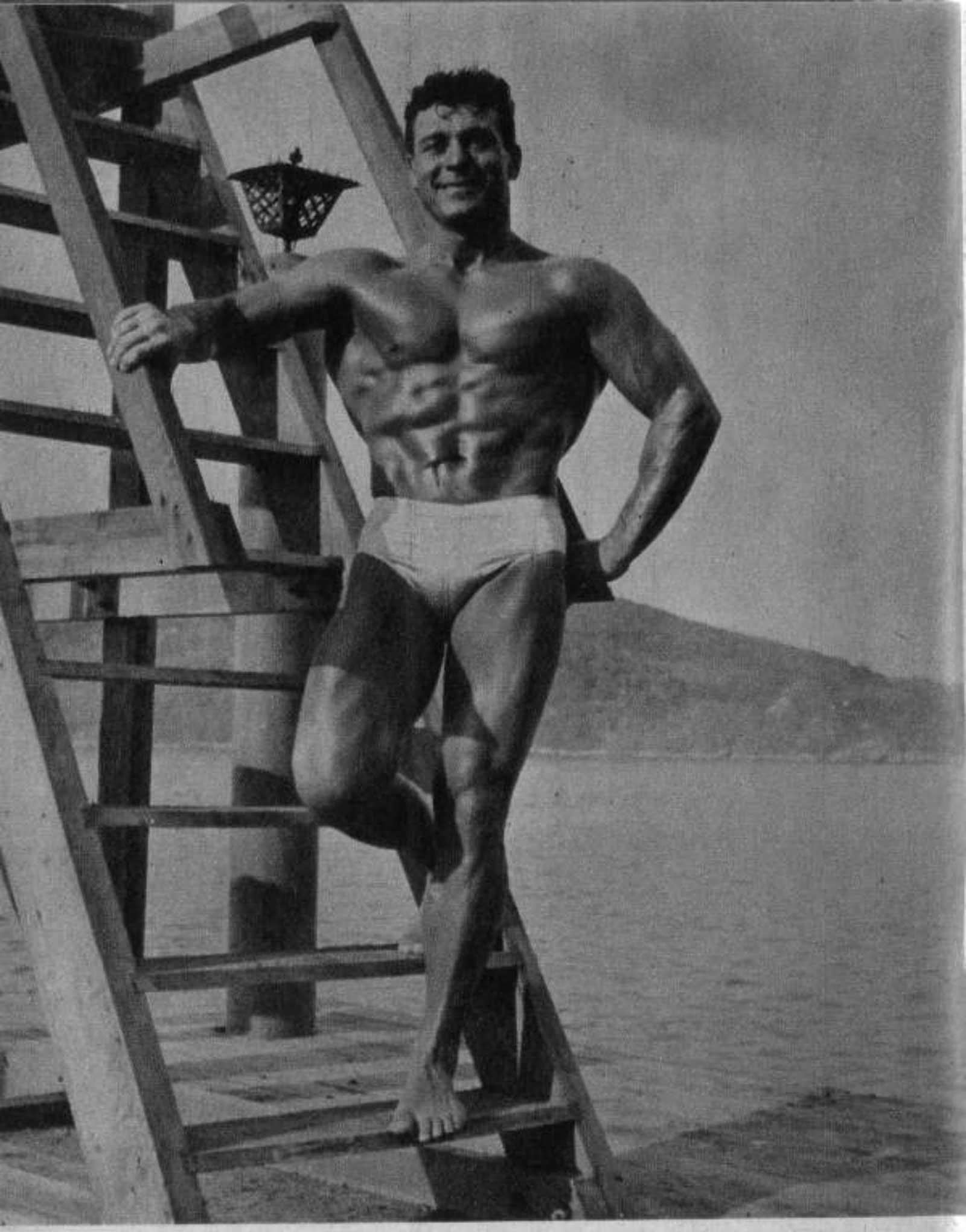
ON THE PARALLEL BARS Warner

JACK AFTER ONE OF HIS INCREDIBLE DISTANCE SWIMS Warner



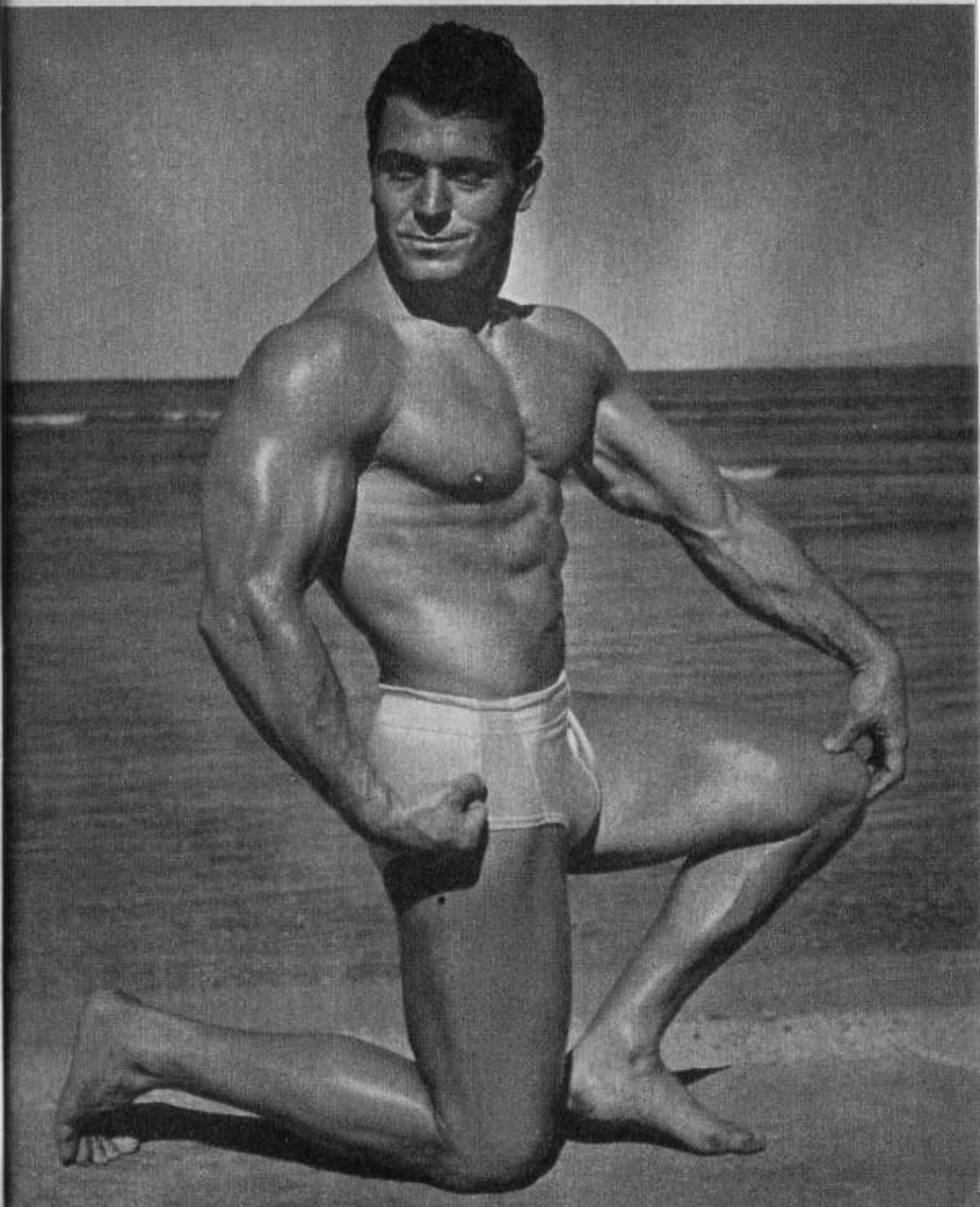


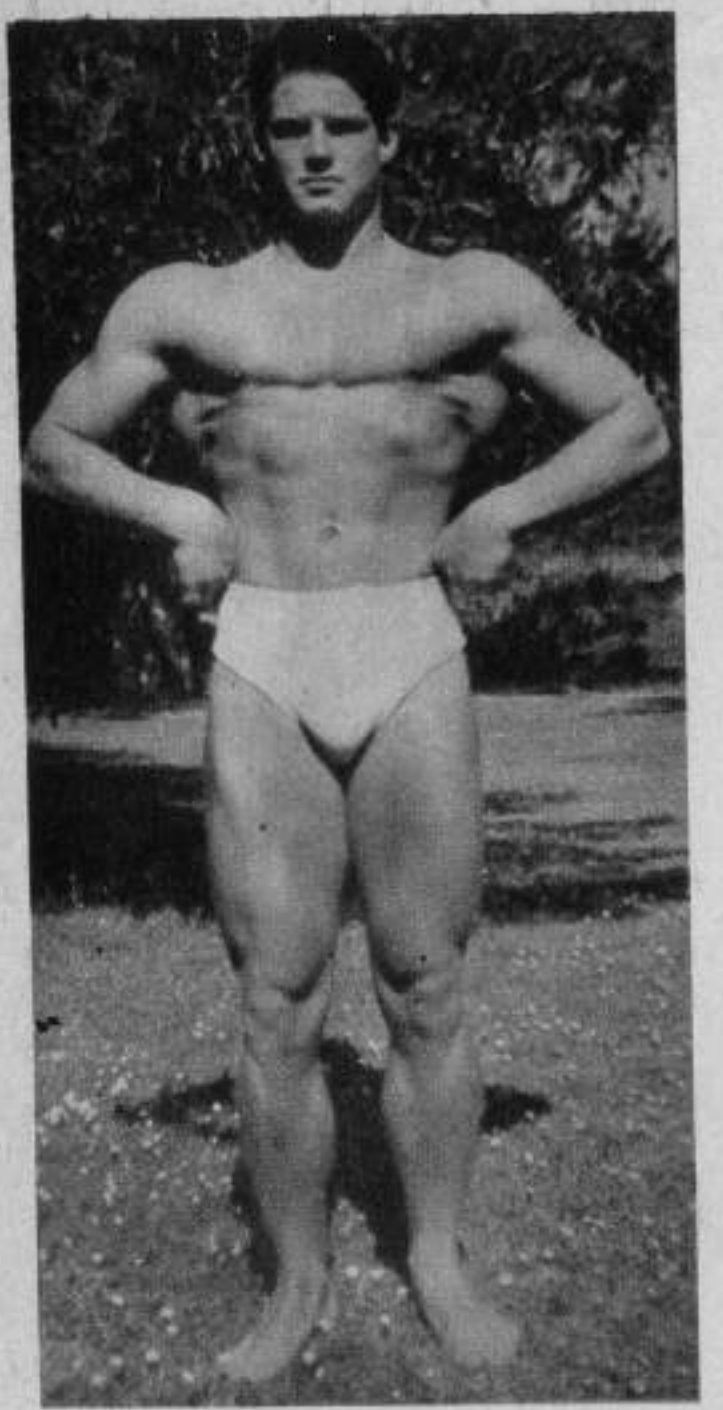
JACK PERFORMS A ONE HAND STAND



MR. AGILITY HIMSELF SMILES IN CONFIDENT POWER

THE SUPERBLY DEVELOPED TORSO OF JACK LALANNE





STEVE REEVES

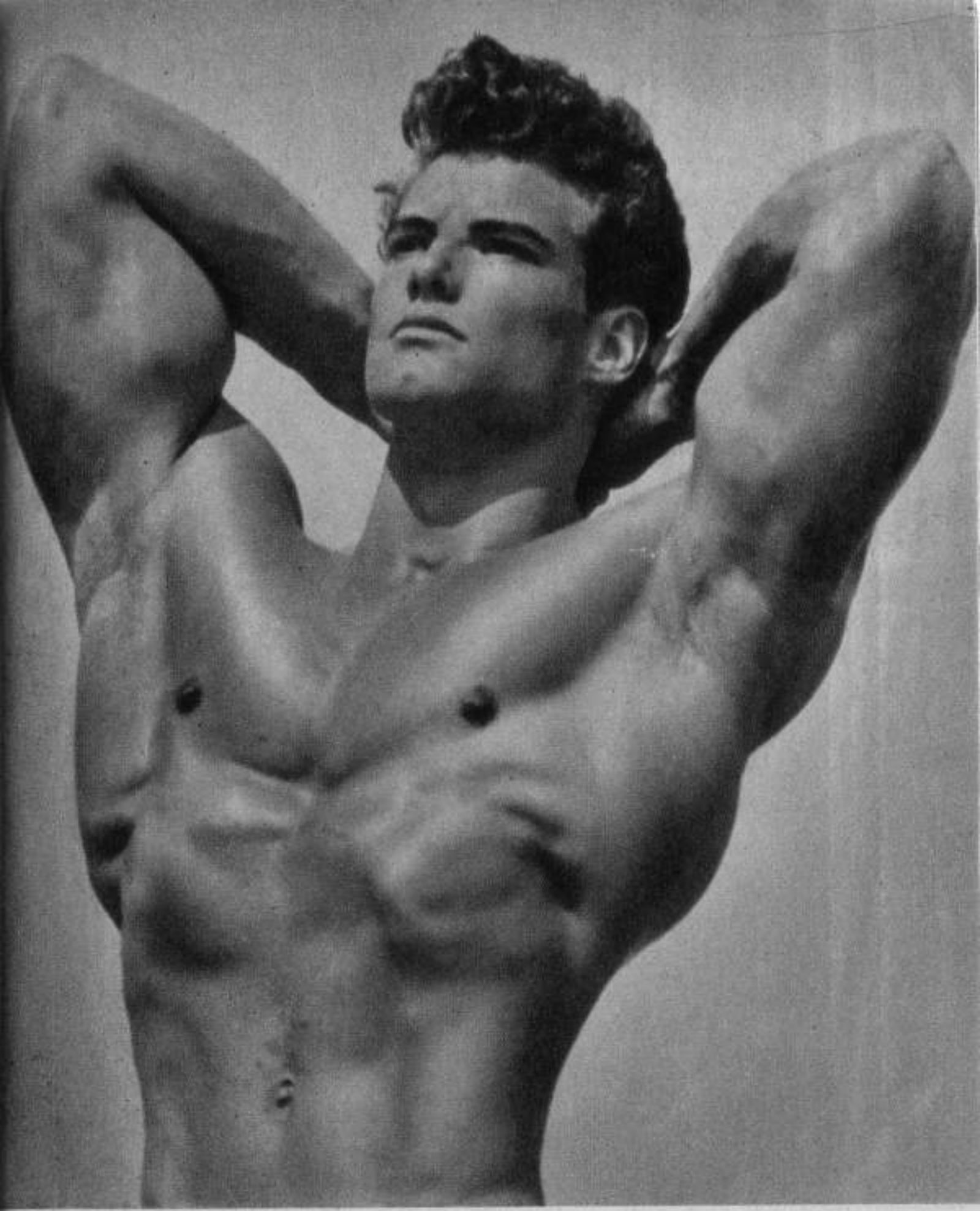
AT THE AGE OF 18

"the REEVES that nobody knows"

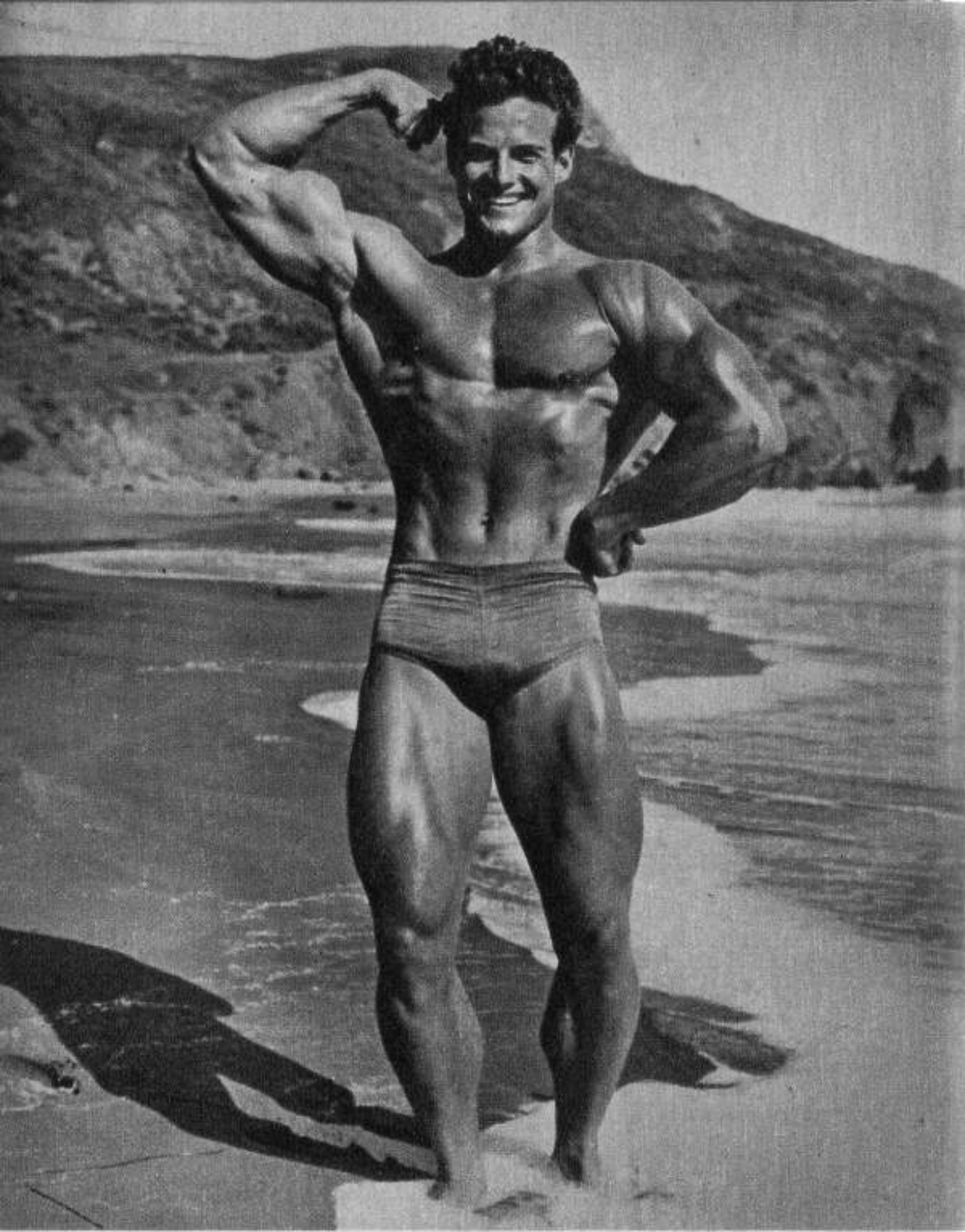
Steve Reeves is a legend that will not die . . . he is the man who has had a greater influence on the lives of up-and-coming bodybuilders than any man since the days of Eugen Sandow. To many of us he represents the true spirit of bodybuilding . . . all that is good and worth-while. Yet he is a man who is imprisoned by his own public.

If you will look back on the list of Mr. America winners since the first one was crowned, his is the only name that continually stands forth. The others have their day in the sun . . . and tomorrow the search goes on for the next one. No less honor to them . . . it's just that this

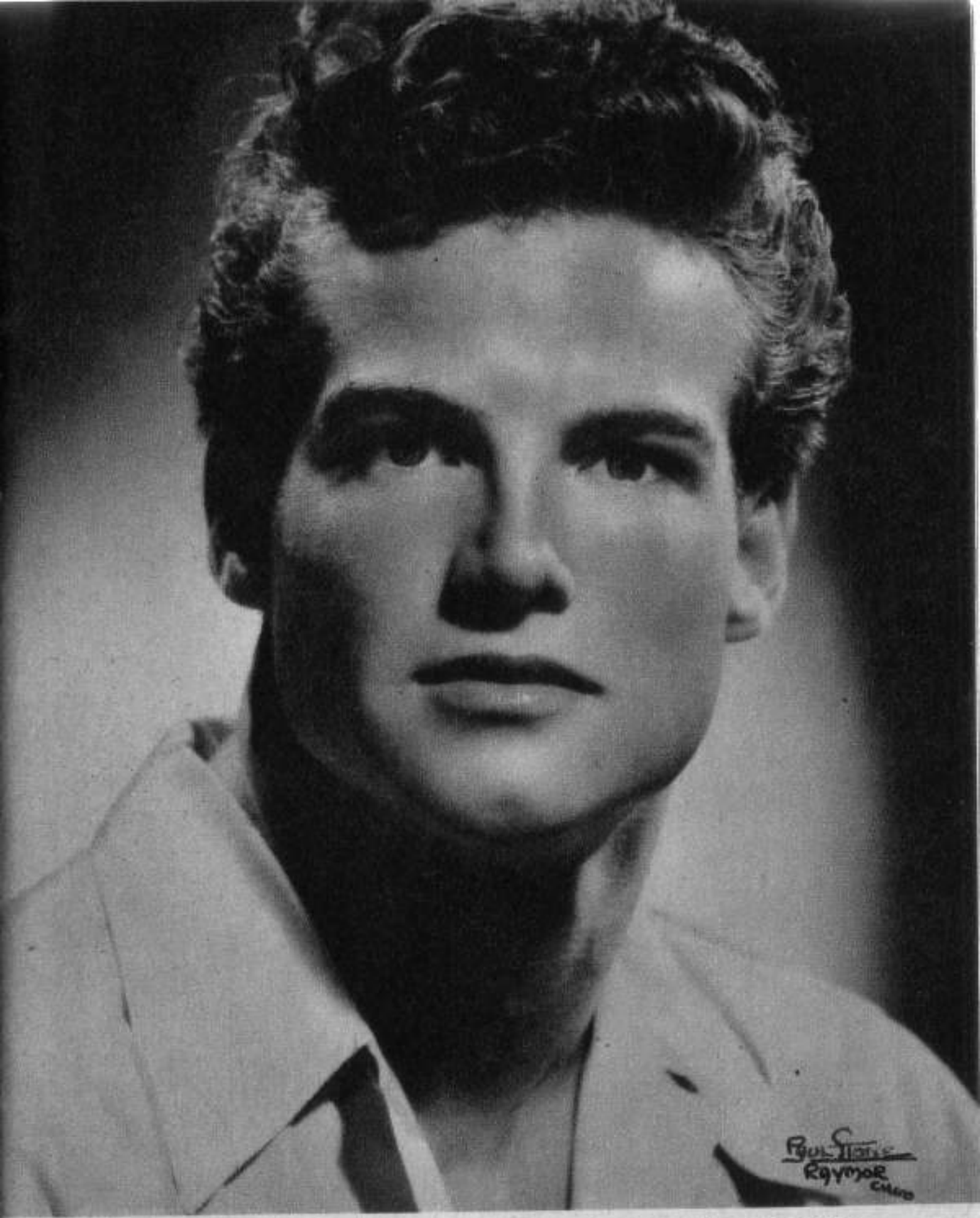
(*Continued on page* 41)



OUR 1947 MR. AMERICA SHOWS HIS MASSIVE TORSO Lanza



THE MOST FAMOUS OF ALL THE REEVES' PHOTOGRAPHS
"GOD OF THE SEA" Bruce



THE HANDSOMEST FACE EVER TO APPEAR IN THIS MAGAZINE

Stone-Raymor

THE SARTORIAL STEVE WHO WEARS CLOTHES LIKE NO ONE ELSE

Bruce

Silhouetted Symmetry

Mirror, mirror on the wall . . .
Who's the fairest one of all?
Snow White and the Seven Dwarfs

In recent years the words 'mirror' and 'athlete' have almost come to be synonymous. Just let two or more bodybuilders gather together, and the center of attraction is sure to be the mirror.

Mirrors, of course, are necessary . . . for how else can one tell if one is improving physically save through the looking-glass. Unfortunately some of us sometimes 'see a look in the mirror that really isn't there' . . . we interpret our gains more with wishful thinking than with actual results.

There is a surer method of sizing up our proportions, our symmetry, than that of mirror measurement. Have yourself photographed in silhouette! Here the camera never lies . . . here you can see in a glance any imbalance of body parts. So true is the story your silhouette tells,

NORMAN TOUSLEY
by Russ Warner
Highlighted symmetry of this California master

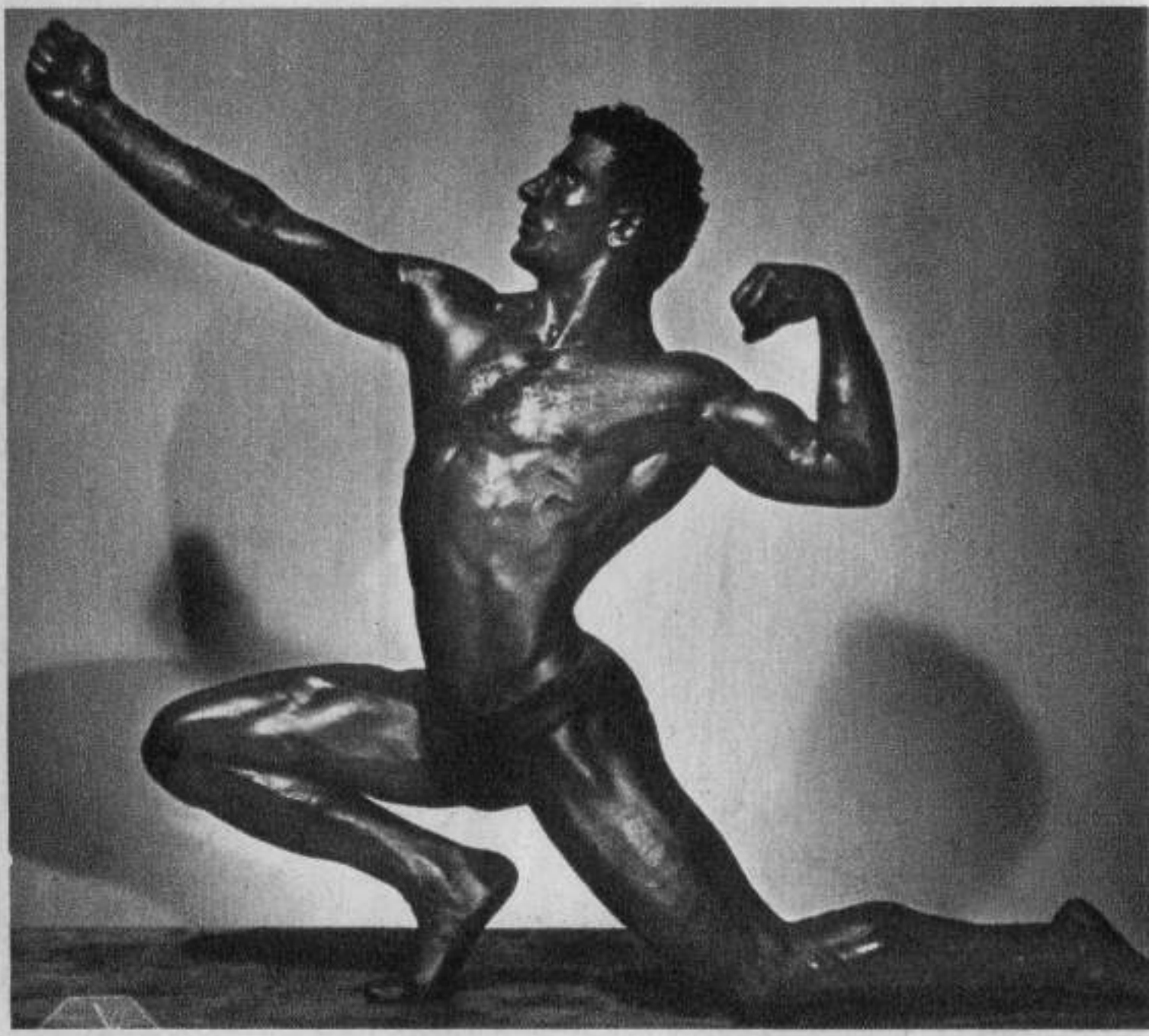
REG PARK (standing) and REX RAVELLE **by Warner**

Shoulders as broad as the broad Pacific

that you would almost believe your conscience is talking to you.

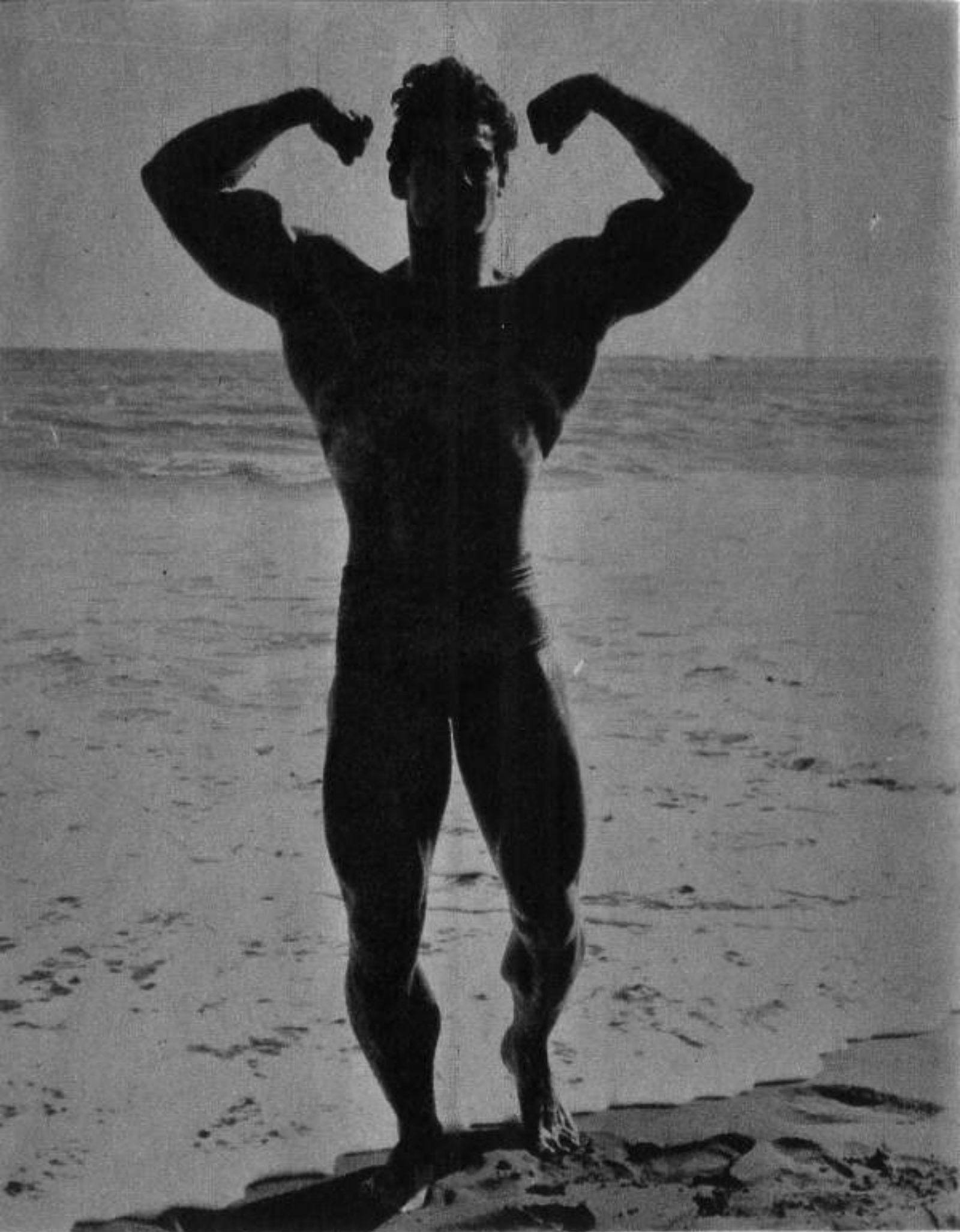
Here we present five silhouetted models . . . bodybuilders all. These men are noted for the amazing symmetry of their physiques, and this silhouette test is an acid test for them. Could you face up to it?

(*Continued on page* 53)



ANDRE DRAPP by Arax

France's handsomest athlete in shadow relief

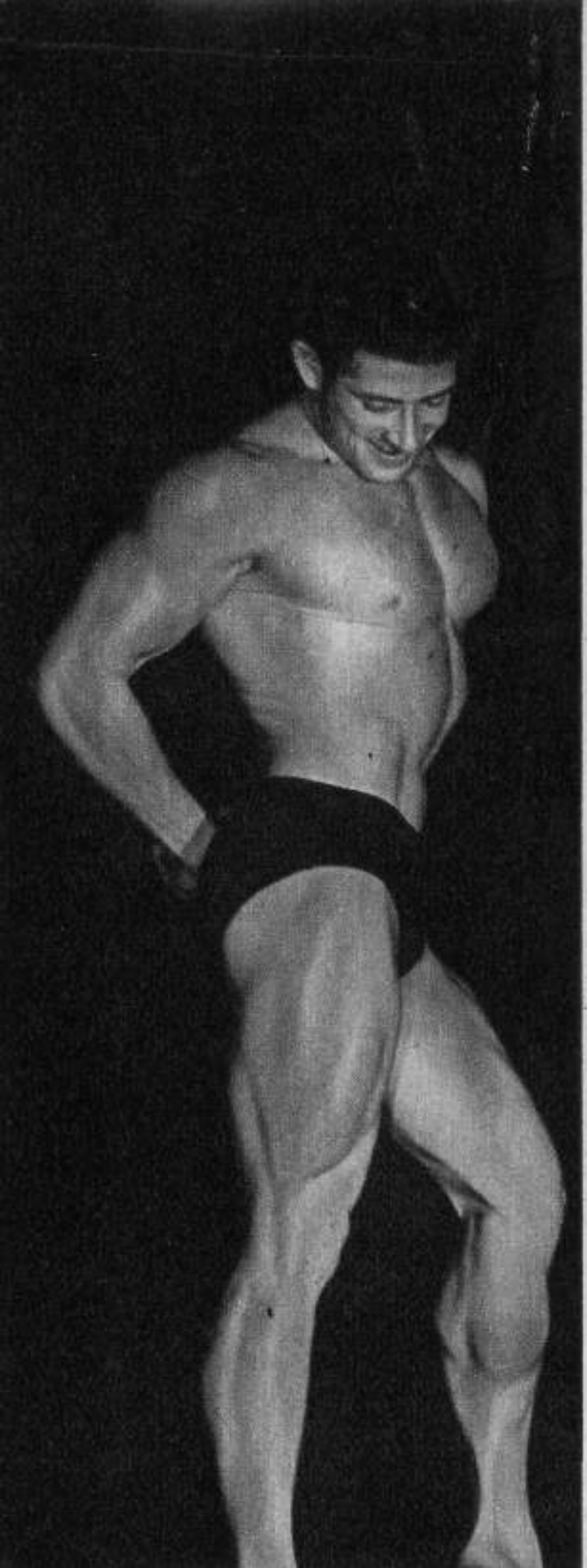


STEVE REEVES by Warner

A son of Neptune arises from the sea

WOLF SAMAY by Vulcan Studios

The youth's body beautiful in silhouette



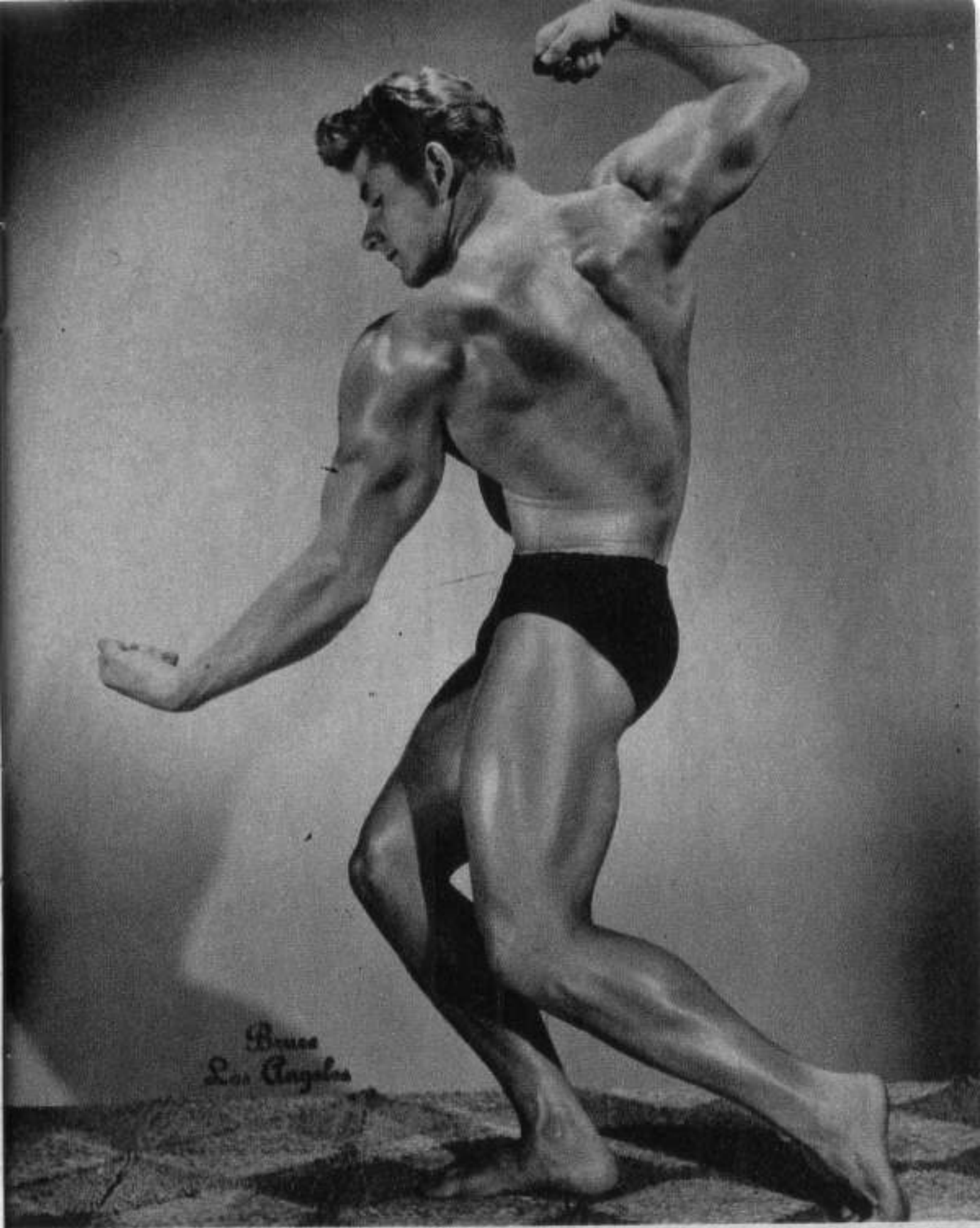
the perfect physique of Pike's Peak

Some of the fellows at Abe Goldberg's gym were holding forth on the current male fashion craze, Bermuda walking shorts. Abe was saying, "The idea itself is swell . . . trouble is, the ones who wear 'em don't have the legs for 'em! Seems to me that any time you see a pair of walking shorts parading the avenue, that the legs they expose are either bowed, or malformed in some way.

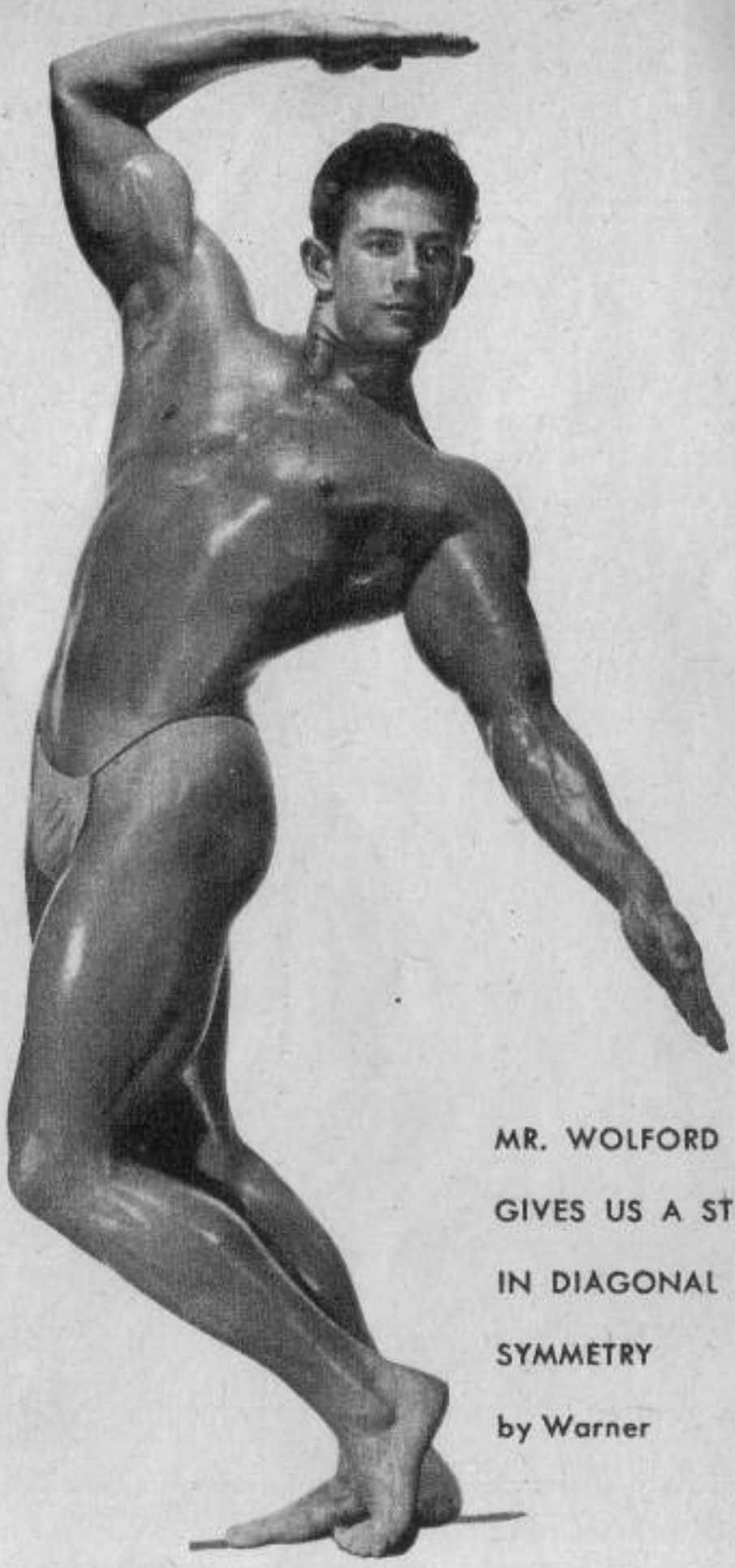
"I think I've seen every kind of calves since this fad started, and they're just terrible. We have the 'lollipop' calves, the 'stick' calves, or calves that seem to have been

(*Continued on page* 48)

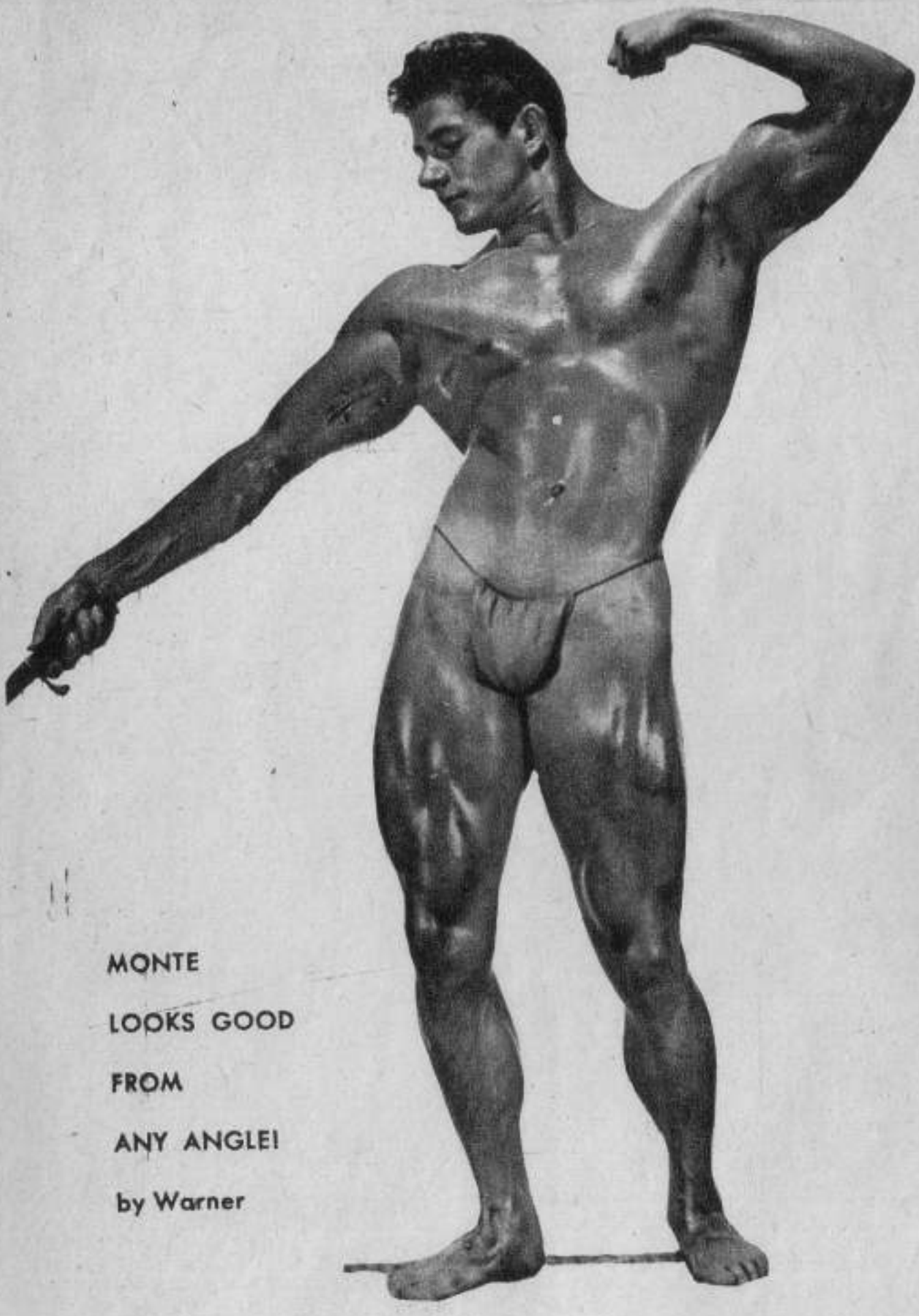
◀ MONTE WOLFORD
by Bruce
"Mr. Calves, himself"



MONTE DISPLAYS HIS MIGHTY BACK by Bruce



MR. WOLFORD
GIVES US A STUDY
IN DIAGONAL
SYMMETRY
by Warner



MONTE

LOOKS GOOD

FROM

ANY ANGLE!

by Warner

PEPPER GOMEZ AND MONTE TALK OVER A PHYSIQUE CONTEST

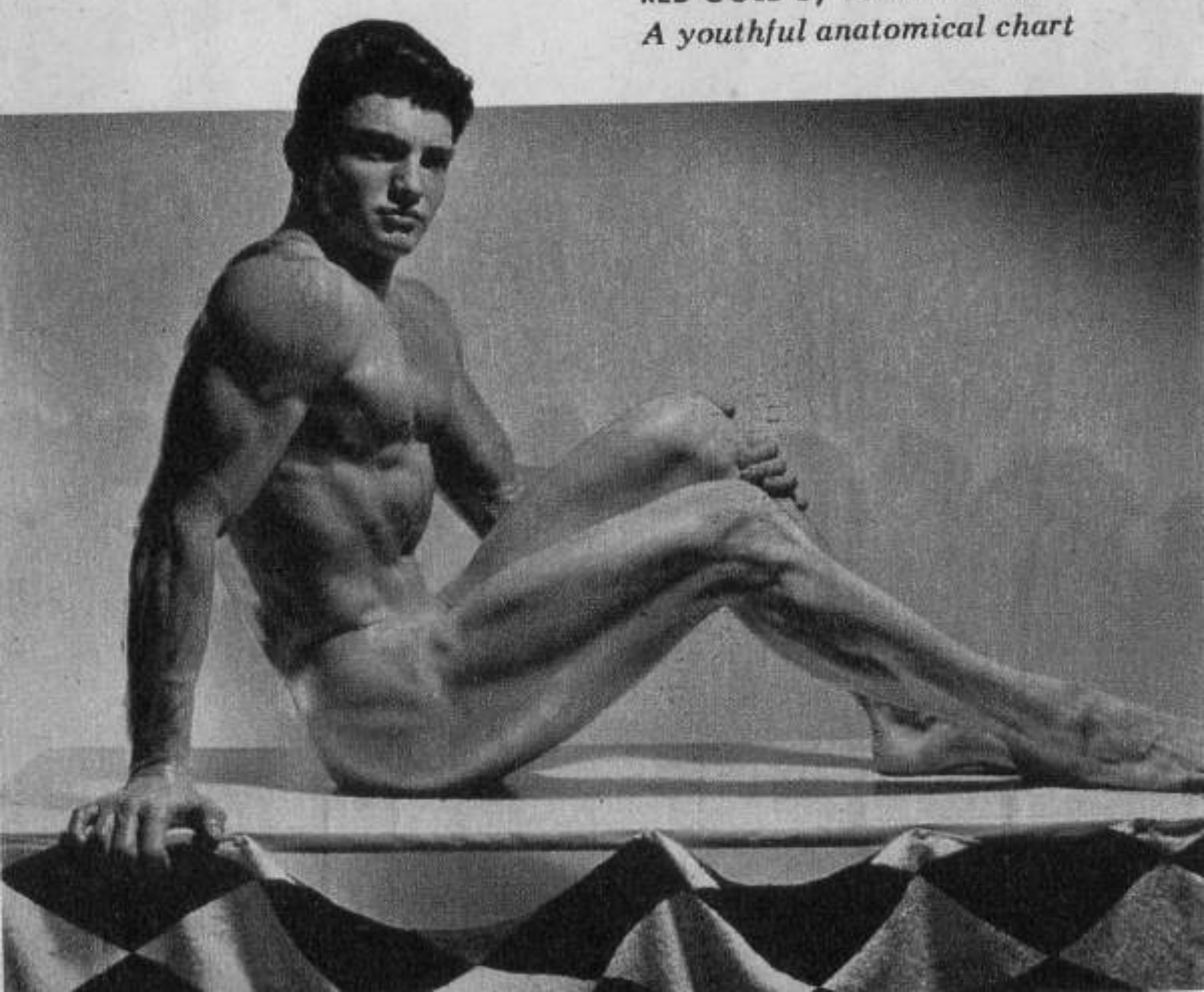
by Bruce

The Corpus "Delicious"

In this issue of ADONIS we are happy to bring you up-to-date on the doings of some of your all-time favorites, to re-acquaint you with some of our stars who are rapidly approaching the zenith of their popularity . . . and we have the added pleasure to show you briefly some other talented body-builders who have not yet fully reached their place in the sun.

A man who never loses a decision in a "best legs" contest is young Ronald Lacy of Los Angeles. As photographed by Bruce, the massive overall development of this young Hercules is everywhere notable, but in his dynamic leg structure one sees musculature of (*Continued on page* 96)

RED GOLD by Vulcan Studios
A youthful anatomical chart

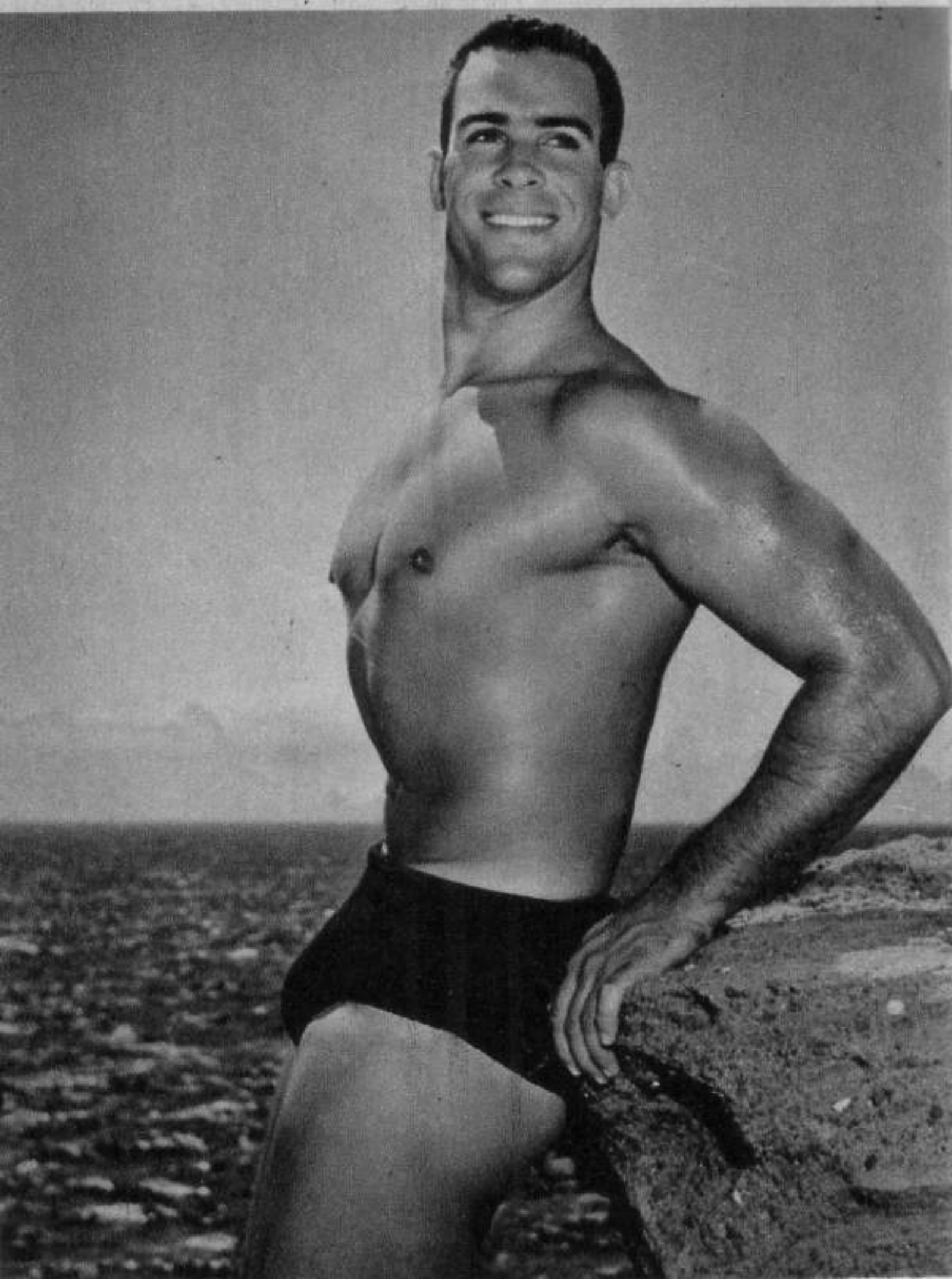


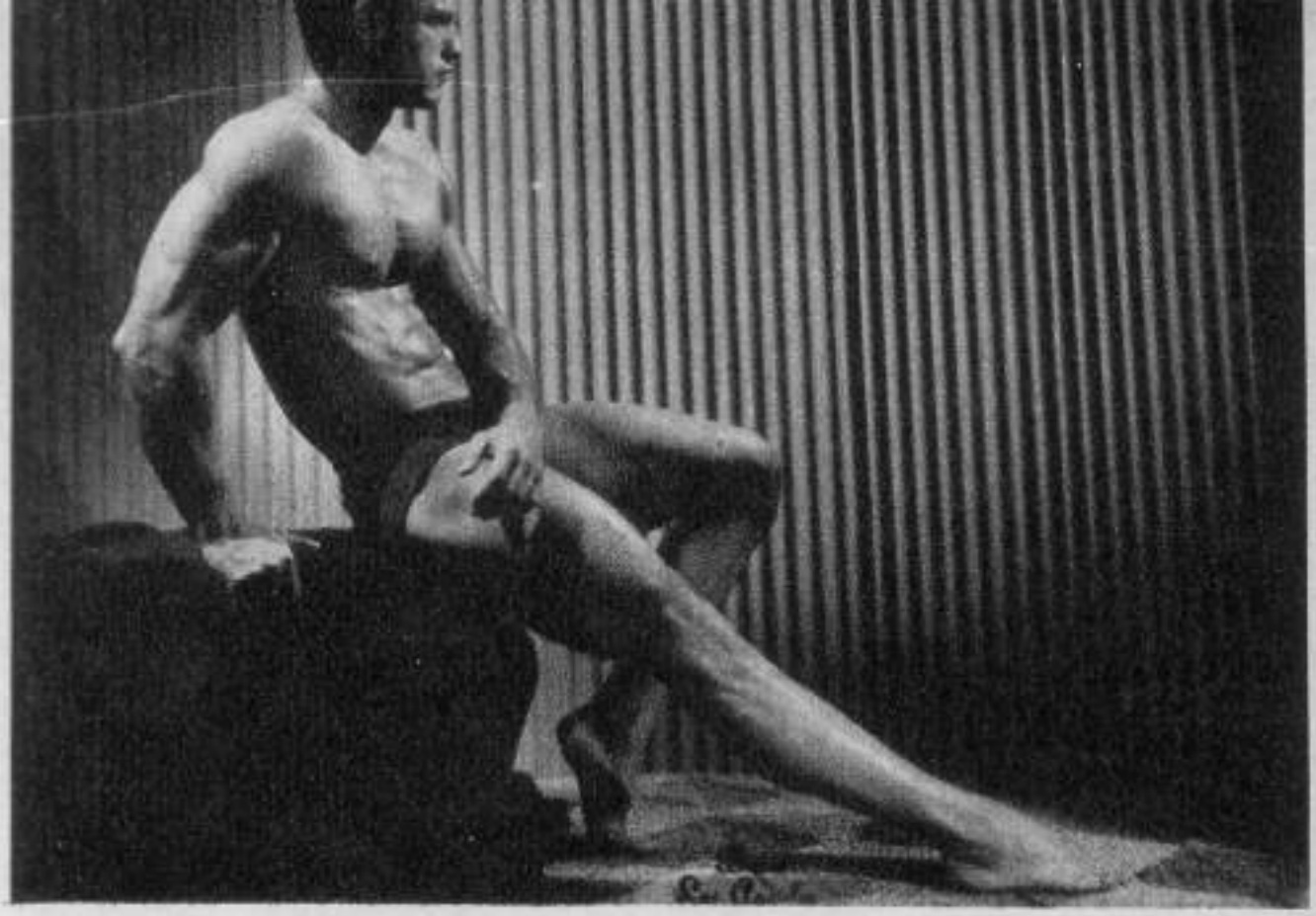
DOMINIC JULIANO by Herb Dixon

This is one of Dom's finest poses

PAUL MARIANETTI by George Larrieu

Handsome Hawaiian hero

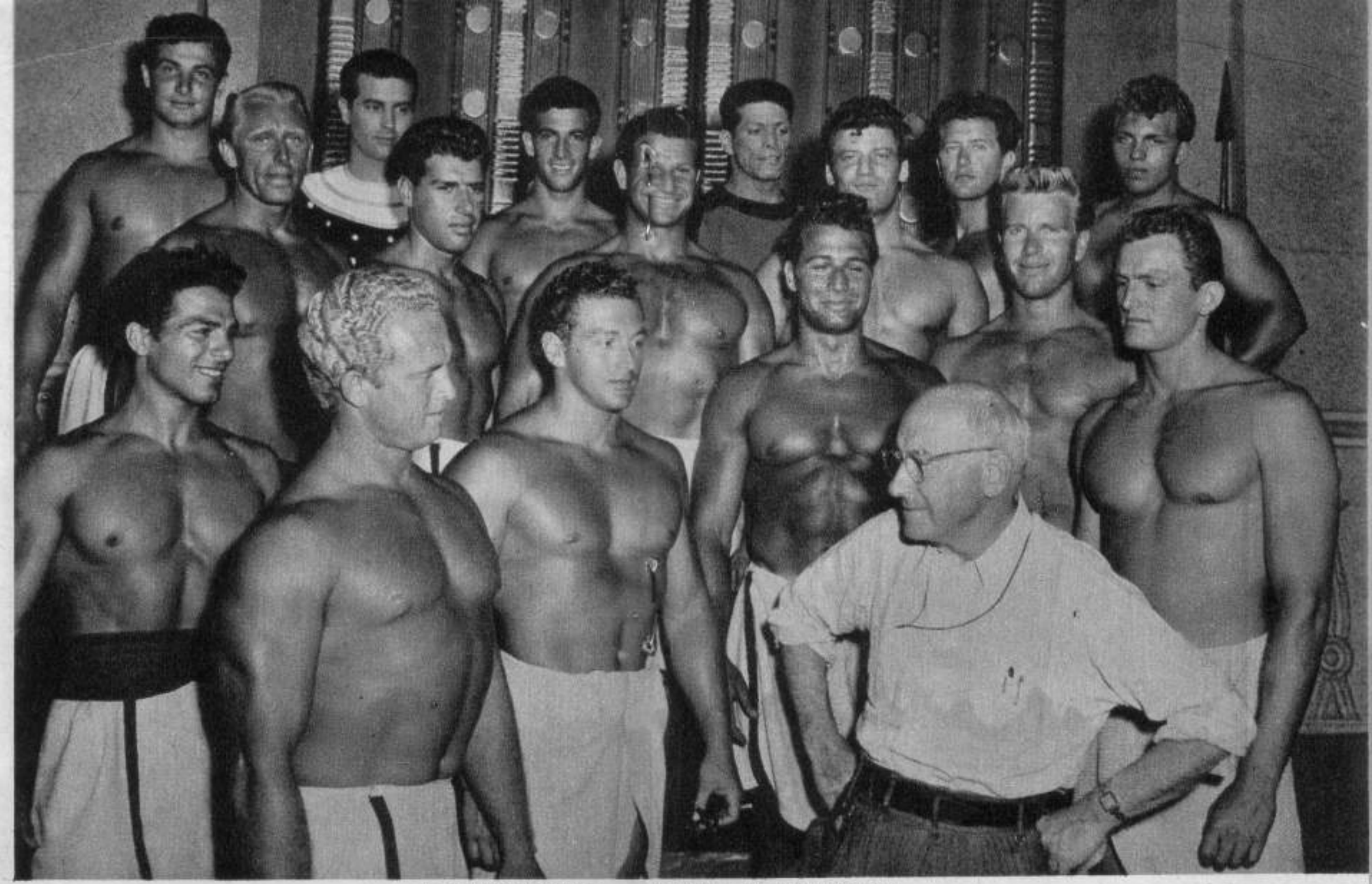




JERRY RISKIN and BUNNY STERNS by Adonis Studios
Jerry poses with the corpus 'delicious' herself

◀ **GORDON HANSON by Bruce**
Like his 'face-sake', Brando, Gordon too is an actor

JACK THOMAS by Warner *Pride of the Marine Corps*



BEEFCAKE BRIGADE!! (courtesy Paramount Pictures)

Cecil B. De Mille engages the entire colony of Muscle Beach for his new spectacle "THE TEN COMMANDMENTS"

. . . you'll recognize Joe Gold, Henry Lenz, Sam Hunter, and Harry Schwartz.

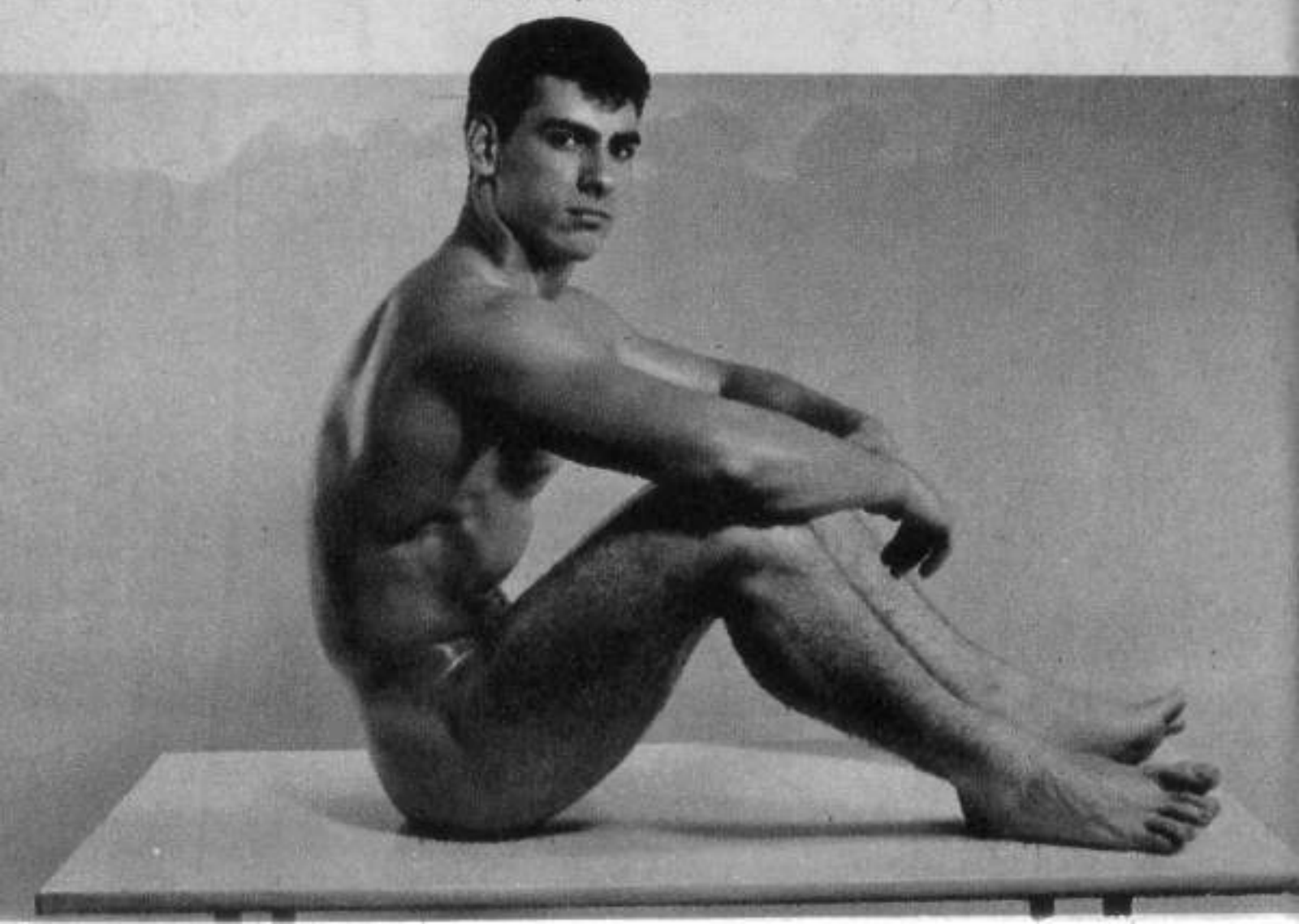
here's Jack de Marco

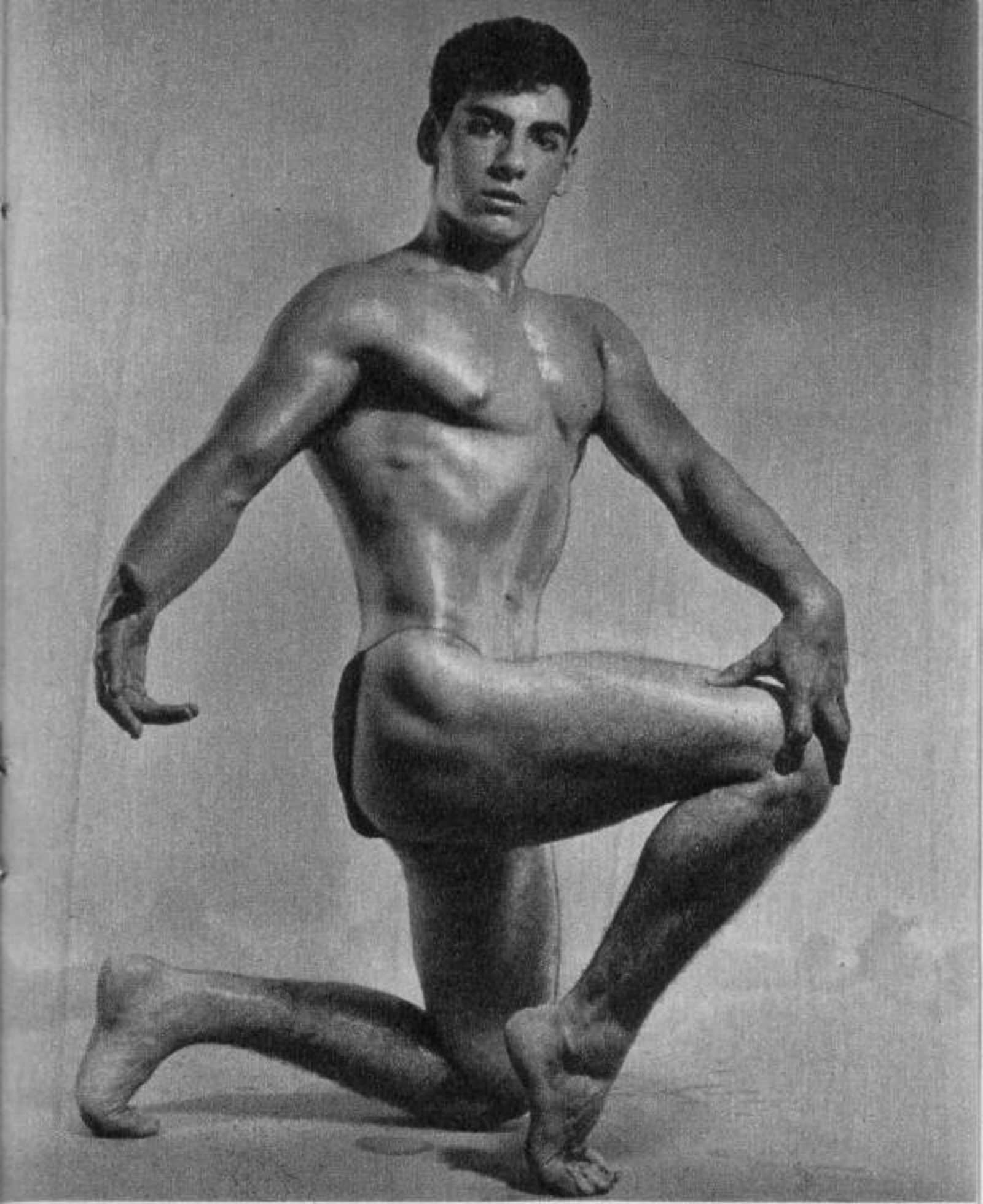
Last month it all began! The "look-alikes" department, we mean. In our January BODY BEAUTIFUL we showed you our first gallery of handsome, blond Bob Hover with the notation that in some of his pictures he resembled Guy Madison to a high degree . . . that when he removed his clothes he looked like Burt Lancaster.

In this issue you have seen just how much Gordon Hanson resembles Marlon Brando . . . and now we give you Tyrone Power's double, Jack de Marco. Note that feature-for-feature is he a dead ringer for Ty, but in many of his facial expressions, and in some of his facial structure you see a great resemblance.

Of course, (*Continued on page* 38)

JACK DE MARCO by Vulcan Studios
Don't you think he resembles Tyrone Power?



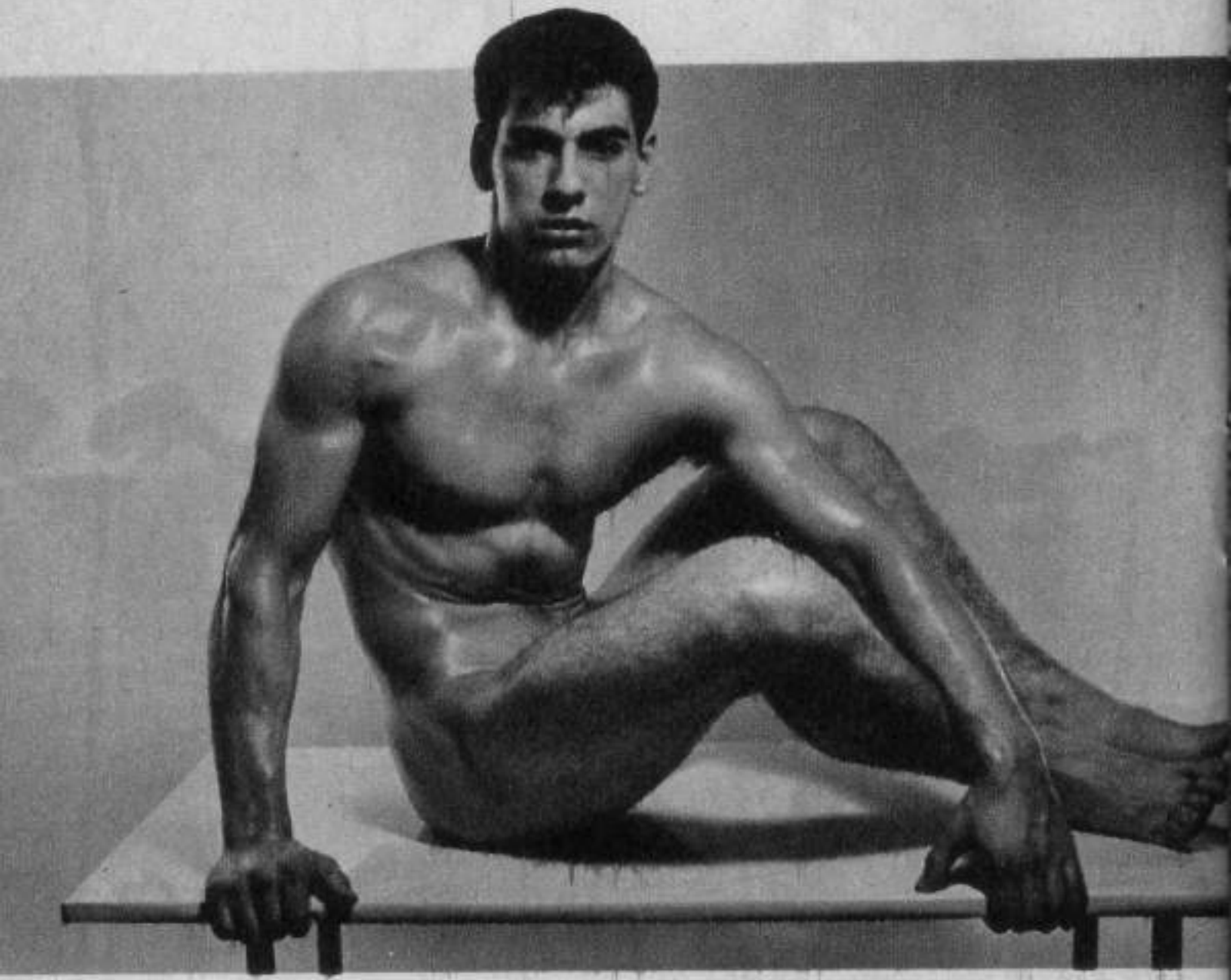


JACK'S BODY IS BUILT ALONG CLASSIC LINES Vulcan

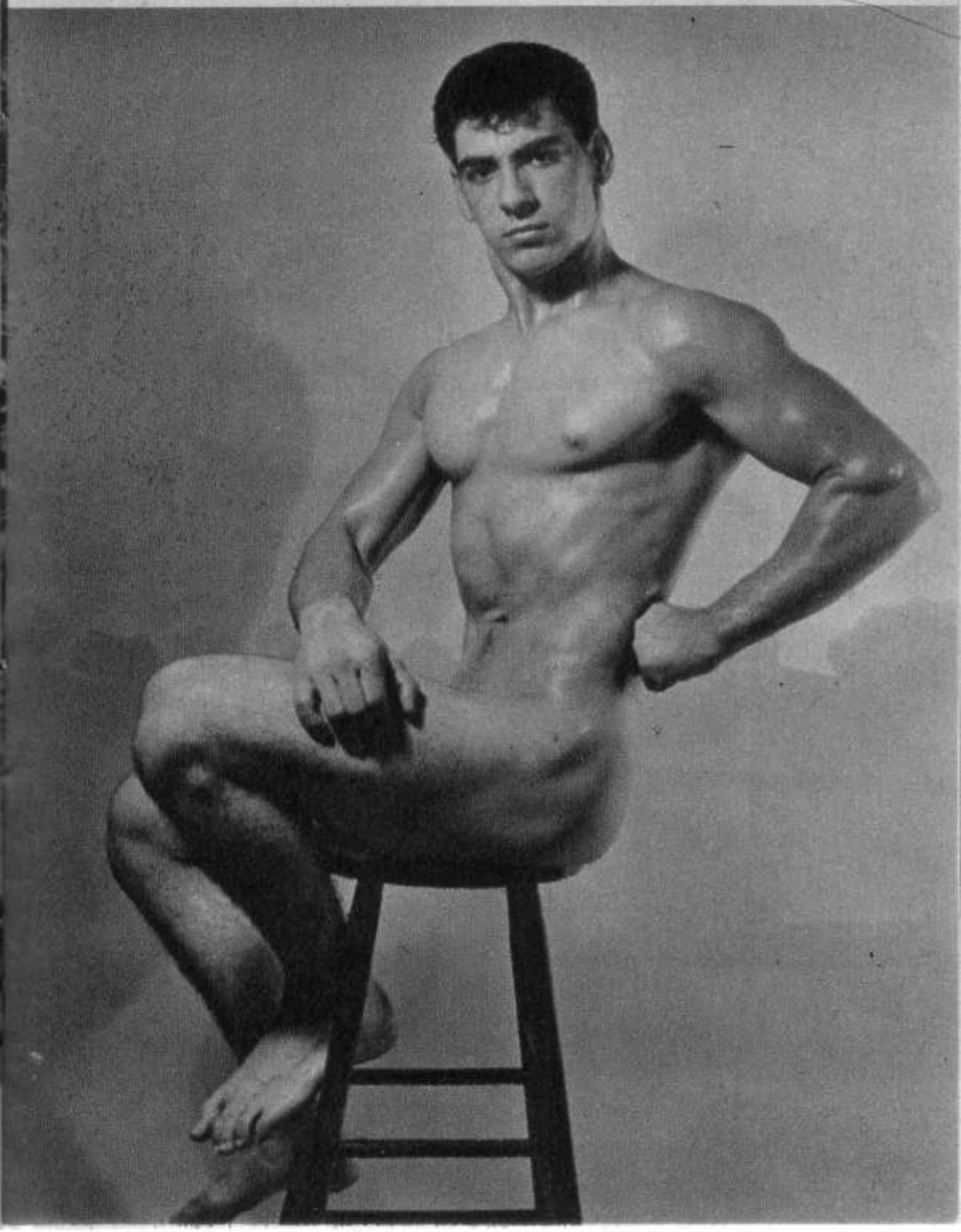
there's a slight difference in age. Jack's just 18, and at his height of 5' 8" he weighs a neat 170. Three years ago he was very much undeveloped, his scales barely feeling the weight of his 127 pounds. He hails from Passaic, New Jersey, which Steve Wengryn calls home too . . . and like Steve he took up bodybuilding to correct his physical imbalances.

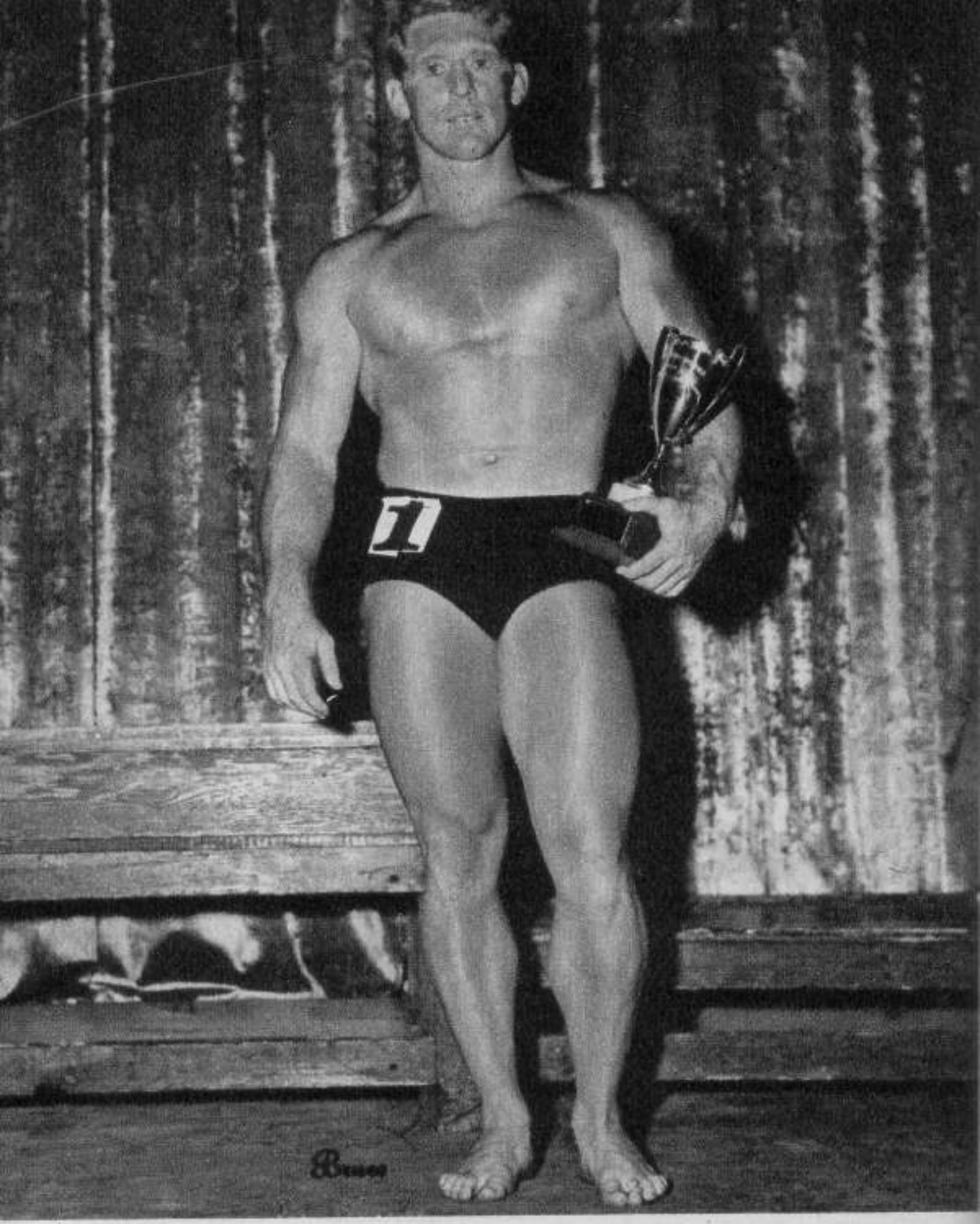
That skinny body of 3 years ago now does such 'simple' exercises as the squat with 205 pounds on his shoulders, which he performs in sets of 35 repetitions! !

Yes, Jack has draped his skinny framework with a nice hunk of solid muscle, and he's done it so well that we nominate him our BODY BEAUTIFUL OF THE MONTH! You'll be seeing a lot more of Jack real soon.



A REFLECTION OF YOUTH'S BURNING INTENSITY





RONALD LACY by Bruce *"Leg show!"*

Reeves Nobody Knows

(*Continued from page* 14)

man has such excelling qualities that no other Mr. America has had.

Here is a man, eight years past his greatest victory, who still must exist for his public, for he is the man against whom all others are compared. "How would you think he'd look against Steve Reeves?" they ask. "Do you think his calves could compare with Reeves'?" another inquires. He is the great American yardstick against whose magnificent manhood we, as bodybuilders, are measured.

Other stars shine their light upon us . . . and are gone, relaxing their finely-trained bodies . . . letting down their hair, so to speak. Not so Reeves. Wherever he appears he attracts crowds, all of whom expect him to look exactly like his photographs of 8 years ago . . . all of whom expect to find not one hair out of place, or one muscle amiss anywhere.

With all this, it is no wonder that Reeves finds that he can live in only two places. He can live in New York, where even King Kong could walk around the town without causing a ripple of excitement, or Los Angeles, where there are so many muscle men, one more makes no difference.

While he was on tour with "KISMET", Reeves learned a powerful lesson. He learned that fame can be a harder taskmaster than Simon Legree ever was! Gym instructors and owners all over the country sent him letters inviting him to train at their gyms.

Yet whenever he paid them the courtesy of a visit he found that the entire gym enrollment had turned out *en masse* to check up on every movement he made . . . every exercise he performed . . . every weight he handled . . . and all of whom asked him innumerable questions, demanded autographs, et cetera, which meant that no workout was possible for Steve during the tour.

Every whistle stop of a town who had some local Mr. Whatsis, sent down for Reeves to come and be photographed, and be measured, and to be compared with the

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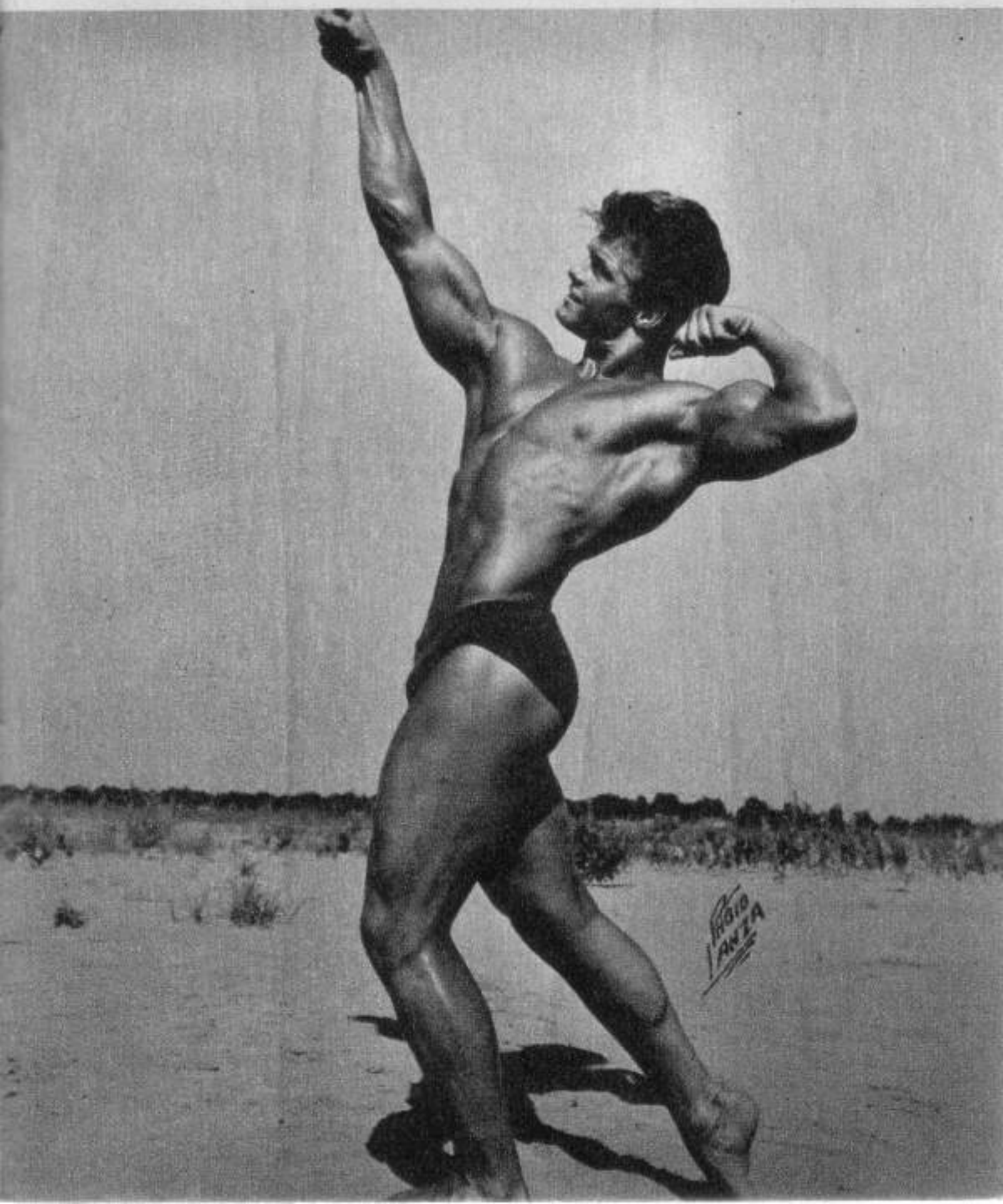
local champion. "Gee, champ, Reeves' arm only measured 17½" . . . yours is a full 18"!" "Who does that guy Reeves think he is anyway?" This is a sample of the usual local run-in.

Yet withal this travail, the qualities that won the championship for Steve Reeves are the ones that sustain him during such ordeals, and one seldom sees him losing his temper. Whenever he is asked a question, no matter how silly ("What shoe do you put on first when dressing?") he considers and answers with interest and appraisal.

Yes, Steve is a great champion, and he has given more than his name to the sport of bodybuilding . . . he has given his mind and heart, and it is no credit to us that he has been misused.

While we as publishers of ADONIS and BODY BEAUTIFUL magazines can do little to make his path any easier, we would like to go on record as saying that all of us, whether we be publisher, editor, bodybuilder, or just physique fan . . . all of us owe a great debt to Steve Reeves . . . a champion's CHAMPION!

CLEMENT DESJARDINS by Lanza
The current Junior Mr. Canada



Just look at these names!

Leo Robert
Vic Seipke
Norman Tousley
Bob Delmonteque
Glenn Bishop
Richard Alan
Alan & Bishop
Joe Marcy
and
ALL in GLOWING —LIFELIKE COLOR

"Something new under the sun!"

"Physique fans!...here's what you've been waiting for!!"

FULL COLOR

PHYSIQUE STUDIES OF

8 Great Stars

Each of these striking, full color pictures comes ready for framing — Ideal for gyms, scrapbooks, playrooms — an invaluable aid to the artist, sculptor, and art lover.

ALL photographs in KODACHROME . . . by BOB DELMONTEQUE

Each set contains 8 color photographs in size 4 x 5 . . . $3.00 in size 8 x 10 . . . $5.00
Size 4 x 5 sold in sets only . . . size 8 x 10 may be purchased separately at $1.00 each (minimum order $2.00)

BARGAIN DAY!

IN BLACK & WHITE *ONLY*, 5 sets of 12 photos each of Tousley, Bishop, Marcy and others . . . each set $2 or all 5 for $8.

Catalog #ZZ (index) . . . 12 different models $1.00

FULL SIZE MURALS

in black & white unmounted

Size 30 x 40	$13.00
30 x 50	15.00
40 x 60	22.00

Color murals also available

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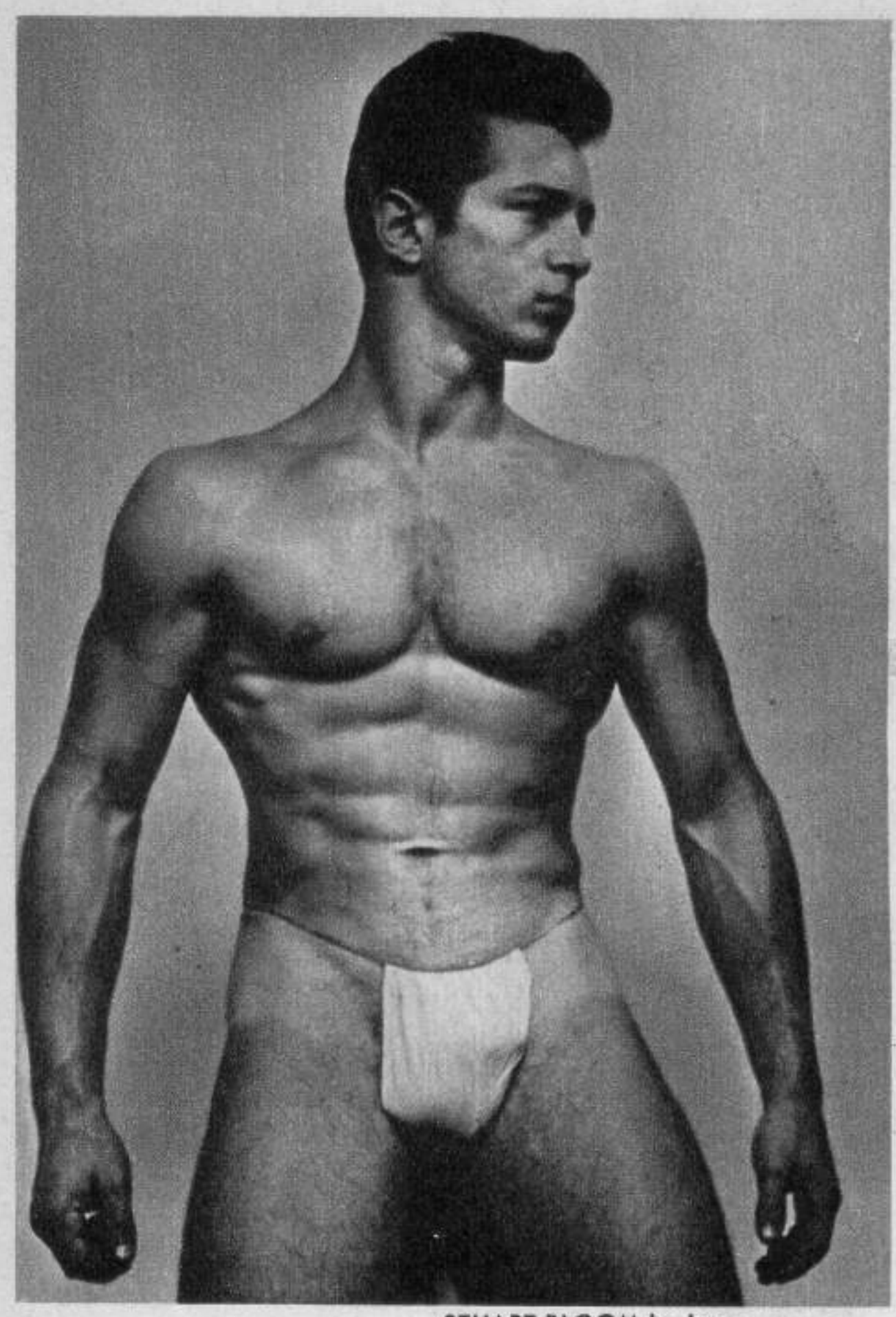


STUART BLOOM by Lon

Lon's popular model in a very expressive study

DYNAMIC DUOS Series #2

SPARTAN EXCLUSIVES

Featuring a new group of refreshingly different duo poses of muscular models.

12	4 x 5 MATTE PRINTS	$ 2.50
12	8 x 10 MATTE PRINTS	$10.00
ILLUSTRATED CATALOG		$ 1.00

SPARTAN
BOX 46905, WEST BRANCH
Los Angeles 46, Calif.

Model:
TOMMY BINNS

Data: 18 year old athlete in set S-26 at $2.00. General catalogs 1 & 2 at ONE DOLLAR EACH.

Suitable models contact us for posing

CALIFORNIA MODELS
Box 285, San Francisco, Calif.

The Corpus "Delicious"

(*Continued from page 29*)

incomparable beauty. *page 40*

Vulcan Studios sends us a very sensitive portrayal of adolescent power sheathed in musculature of grace and symmetry. The model is Red Gold of Jersey City.

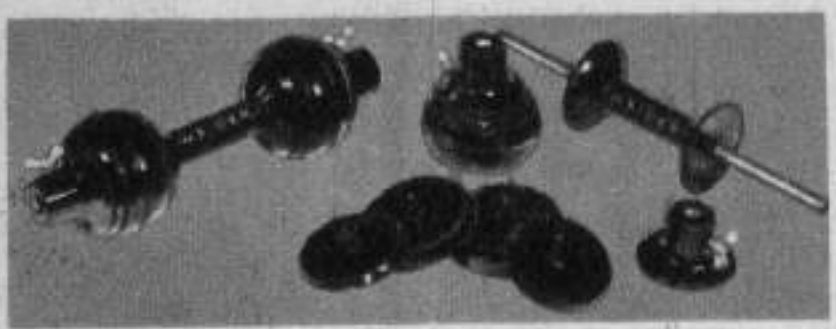
Dominic Juliano left New York a couple of years ago for sunny California. He's done well out there . . . movie work . . . appearances with Mae West's troupe . . . contest winner and placer, and all the time he continues to improve. Here's an affecting, pastoral study of Dom . . . one of his best. Photo by Herb Dixon.

From far-away Hawaii here's Paul Marianetti, shown here against the cap of Diamond Head in an unusual shot by George Larrieu of Honolulu. Paul is a young giant, 6' 2" tall with a real big economy-size collection of muscles.

As you turn to the photograph of Gordon Hanson by Bruce, you will be impressed not only with his splendid physique, but also with his

KEEP PHYSICALLY FIT IN 10 MINUTES A DAY

right in your own home and at your convenience



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If you've been too busy to take care of yourself and have lost your youthful physique, pep and vitality, then you're getting much less out of life than you think. How you look and feel makes a real difference in business and social success. No one admires a weak, sickly man or even wants to be his friend. Instead, he is ignored, left out of all the exciting times. So if you're not getting all the fun from life that you think you should, now is the time to decide to recapture that "Great To Be Alive" feeling again. You can, and quickly too, if you use the Weider 'Keep Fit' Dumbell Set a few minutes a day at home. You'll be delighted at how fast you will build a strong, healthy body, how quickly you'll add pounds and inches of muscle onto your skinny frame, or melt off excess flesh if your problem is overweight. You'll build a magnetic personality too, one that will make you a stand-out in any crowd. So don't delay . . . order your set today and all these benefits will soon be yours **FREE.**

FREE!

Order now and receive absolutely free, an illustrated course of instruction explaining 39 medically approved exercises you can follow to build muscular arms, a thick chest, Herculean shoulders, athletic legs and a trim waist. In addition, there is special advice on diet, hygiene, massage and relaxation—everything you need to know about keeping fit in 10 minutes a day.

ONLY $20.00

With Course

Joe Weider, Dept. A
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Jersey City, N. J.

Enclosed find $20.00 for which please rush me the Weider 'Keep Fit' Dumbbell Set and Course of Instructions. I understand I must be satisfied or my money back in 7 days.

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No COD's. Prices FOB Warehouse. In Canada, order from: Weider Barbell Co., 4466 Colonial Ave., Montreal, Que., Canada.

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presents
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35mm Color slides or Stereo slides of Robert Fedell 6 for $3.00 12 for $5.00
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Send one dollar for selected samples and illustrated circulars.

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This catalogue for the first time lists names of the athletes.

Catalogue describes new color slides, movies and photos of above illustrated models, plus many more.

SPECTRUM FILMS
P.O. Box 35, Sta. E. Cincinnati, 19 Ohio

extraordinary facial resemblance to that of Marlon Brando.

In a flower-bower setting, Jerry Riskin 'relaxes' with pretty Bunny Sterns. This is the nicest way to relax that we know. Photo by Adonis Studios.

Closing our album of fine physiques this month is one of our old favorites in a new pose . . . handsome Jack Thomas, formerly of the Marines, displays his "leatherneck" magnificence for Russ Warner's camera.

Pike's Peak

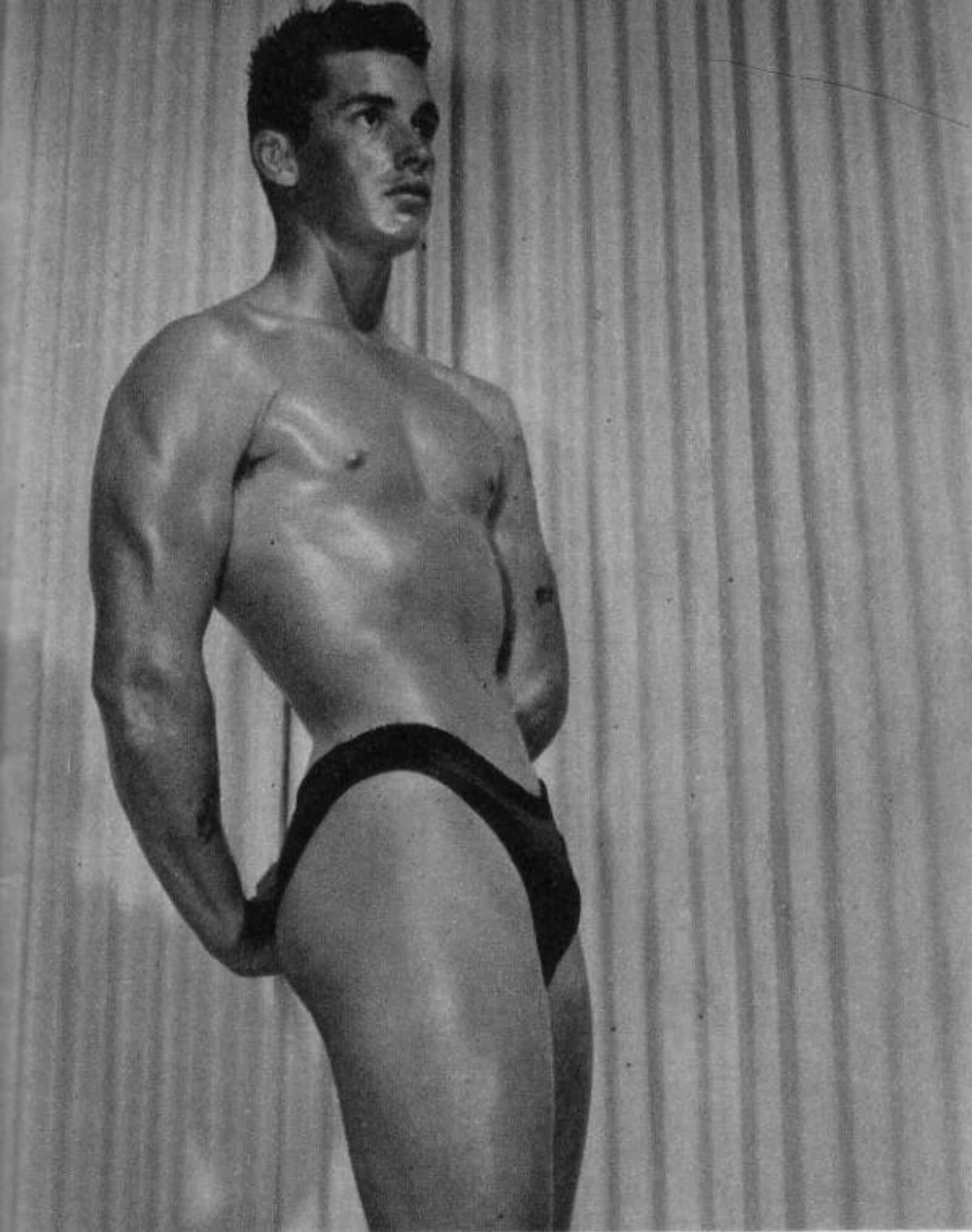
(Continued from page 24)

eaten away on the inside . . . every good pair of legs seems to have some aversion to appearing in Bermuda shorts!"

"Well, what kind of calves do you consider ideal, Abe?", asked Hank Greenberg.

"I think Monte Wolford has the most beautiful pair of calves I've ever seen!" replied Abe. "He could be a walking advertisement for Bermuda shorts!"

The subject of this discussion has long been one of our own favorite bodybuilders.



BOB VERHEY by Athletic Model Guild
A superbly lithe physique

LARS ANDERSON

popular Hollywood starlet has dozens of AMG's form-fitting T-shirts, available in round neck or V-neck $1.50 each, 19 beautiful colors. These shirts have been worn in a number of motion pictures, and they'll make you look like a star too! Special Goucho shirt with zipper neck and collar $2.95. Send 10c for illustrated Bulletin of garments and photos. 12 4x5 dbl-wt. matte photos of Lars $3.

ATHLETIC MODEL GUILD
1834 W. 11th St. Los Angeles 6, Calif.

"BIKINI"
trunks $4
PHOTOS of
BOB VERHEY
40c (60 stamp size miniatures)

The "Bikini" is made to order for each individual customer (Send waist, hip and thigh size). Colors Black, Red, Turquoise, White.

Bikini modelled by Bob Verhey who is one of 12 models in Album YQ: 12 4x5 dbl wt matte prints $2.50.

ATHLETIC MODEL GUILD
1834 W. 11th St., Los Angeles 6, Cal.

We've had our eye on him ever since he left his native Texas, and migrated to Southern California, where he has competed in or won every contest for bodies beautiful which that sunny state promotes.

Of late we haven't heard much about him, so we made some inquiries. We have discovered that California's loss is Colorado's gain, for Monte is now the proud possessor of Colorado Springs' finest gym, where he whips into shape all those tired and jaded city slickers from the East who regard, and rightly so, this magnificent mountain city as the real vacation spot of America.

As you can see from these stunning photographs, Monte Wolford is notable for more things than his calves. He is wonderfully developed all over. His latissimus dorsi muscles are terrifically wide and thick . . . his well-muscled chest tapers to a trim and trig waist of only 30 inches, and his powerfully-developed thighs sport such a well-defined leg biceps that they are made doubly outstanding.

For the Man with the PHYSIQUE who Likes the UNIQUE

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In the "Pose Please!" Small - Medium - Large in White - Red - Black - Flesh Pink - Light Blue - Green at $2.50

In the "Tie-sarong" Small - medium - Large in White and Yellow terry-cloth at $3

"Physique Mate" Small - Medium - Large in Blue & White Stripes at $4.50.

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PETER NORTH

16-year-old Peter North is displayed in a unique catalogue of 16 unusual poses.

Price $1.00
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173 Knightsbridge
London S.W. 7, ENGLAND

Of course the calves are most impressive. It is unusual to see such a perfectly-flowing line of curving symmetry as you will note in Monte's calves, from the ankle upward, as they move impressively into his fine upper legs. Yes, he is truly a remarkable physical specimen, but of course his calves . . . h-m-m, yes, his calves . . . Man! he sure has 'em hasn't he! !

Photo Finish

(*Continued from page 3*)

follow your instructions to the letter, 'cept that we couldn't use such a long title, we'd write ourselves right off the page!

So, thanks to you, our new department "PHOTO FINISH" will be given over to comments on the photographs, the lighting, the highlights, the pose, et cetera, of the various models who appear herein.

If you like a certain picture . . . by all means tell us, for we love it! If you don't like certain ones, again tell us, and we'll try to do

better next time.

But above all remember this, when you offer our photographers your constructive criticism on their work you help us to advance the cause of better physique photography, and our models and photographers will be as grateful for your comment as we are.

Address your letters to Photo Finish, BODY BEAUTIFUL PUBLICATIONS, 16 Hopkins Avenue, Jersey City, New Jersey. For the best letter each month we'll give a two-year subscription to ADONIS and BODY BEAUTIFUL magazines. For the second best, a one year subscription.

Now start those letters flying, won't you?

Silhouetted Symmetry

(*Continued from page* 21)

The silhouette of Norman Tousley speaks more for him than any standard photograph. Frankly, it is the finest we have ever seen. As captured by Warner's camera his flawless physique stands

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PACIFIC ARTS
Box 153 Honolulu, Hawaii

Silhouetted Symmetry

sharply forth in an almost sculptured rhythm.

Two pairs of the broadest shoulders in the world belong to Reg Park and Rex Ravelle, shown here in this beautiful marine setting. Even Reg's muscles seem to have muscles!

France's famous 'body beautiful' and champion wrestler, Andre Drapp, shows what a classically sculptured physique looks like in this archer's pose. The camera is that of Arax of Paris.

Steve Reeves seems to be the re-incarnation of some god of the sea as he emerges from the water to pose for the camera of Russ Warner.

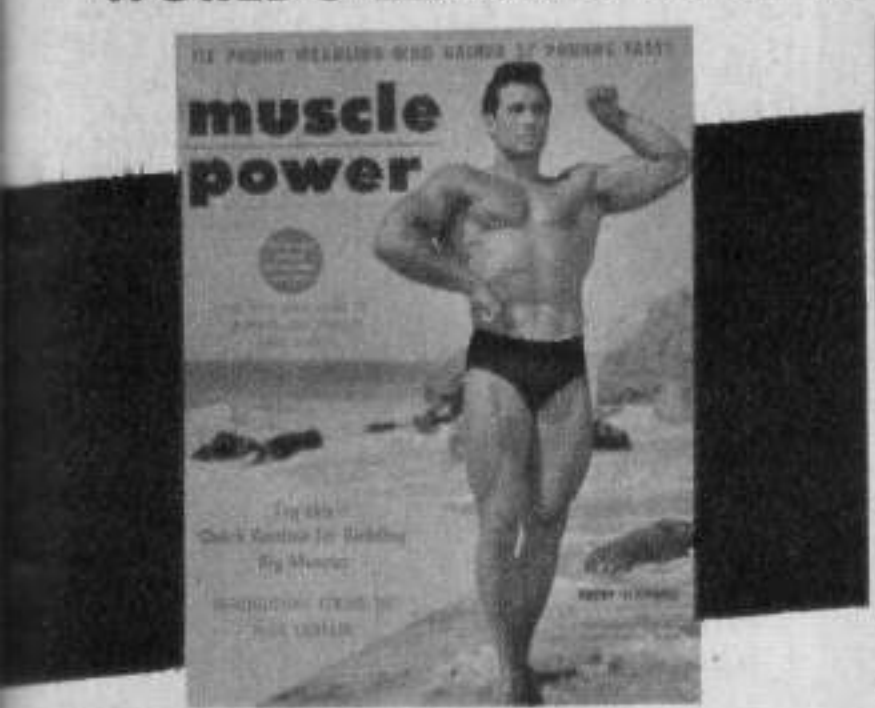
A study in the fluid grace and growing proportions of adolescence is the wonderful silhouette of Wolf Samay by Vulcan Studios of New York.

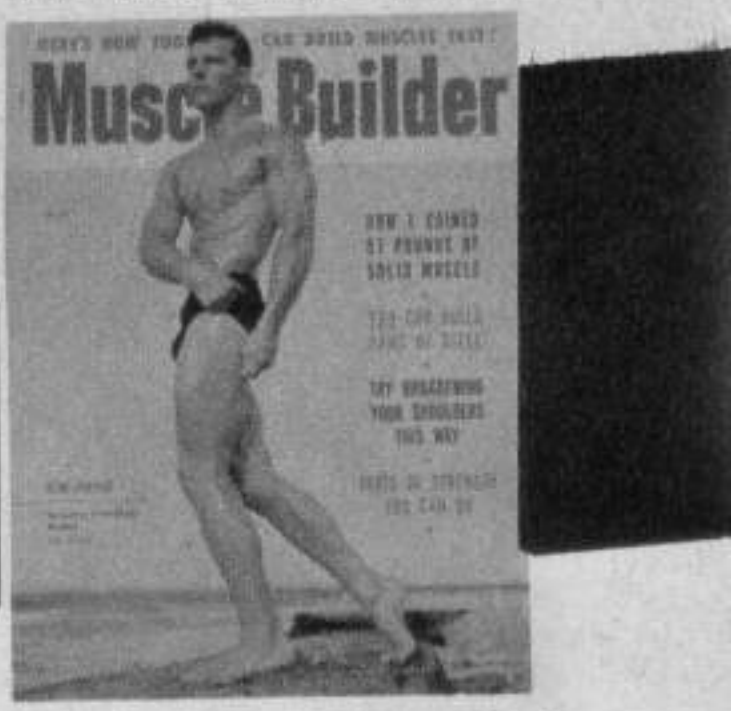
These have been some of our best studies of shadow and substance . . . drop us a card and tell us if you would like to see more of them.

Muscles à la Mode

America's Greatest Physique Champions are Your Personal Instructors!
when you read

WORLD'S LEADING BODY BUILDING MAGAZINES





MUSCLE POWER brings you the inside story of the world's physique stars . . . the intimate details of their lives, their careers, diets, training programs, and design for living.

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emphasizing the symmetry and grace of the male form. For the physical culturist and physique enthusiast Jerry selected photos in

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contrasting muscular perfection against the rugged outdoor settings of California.

Full set of 4x5 prints of Catalog A—$4.00

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Please direct all letters to Jerry Ross personally at

Box 112, Ocean Park, Calif.

California's Master Of the Impossible.

(Continued from page 9)

the warmth of Fisherman's Wharf.

This man was no convict . . . he was Jack Lalanne of Oakland, who had merely added another athletic scalp to his belt. He had conquered the bay with nothing to aid him but his strong legs, his fighting heart, and his handcuffed hands. With all the enervating drain on his physical forces, he still had enough strength to do THIRTY PUSHUPS upon reaching the shore! !

A great feat for a man who is in his early youth . . . but an even greater one for a man who does not even care that birthday follows birthday. At 40, Jack Lalanne is the best evidence of the value of bodybuilding. His feats of strength, balance, and gymnastics are almost legendary as you will note from some of his pictures.

He is not only one of our finest physique stars, but is a lecturer on health and diet, a television star (he has one of the most popular TV

Isn't He Handsome!!

do people say this about YOU?

NOW . . . AT LAST!!

YOU TOO CAN HAVE
A HANDSOME FACE
A FLAWLESS SKIN —
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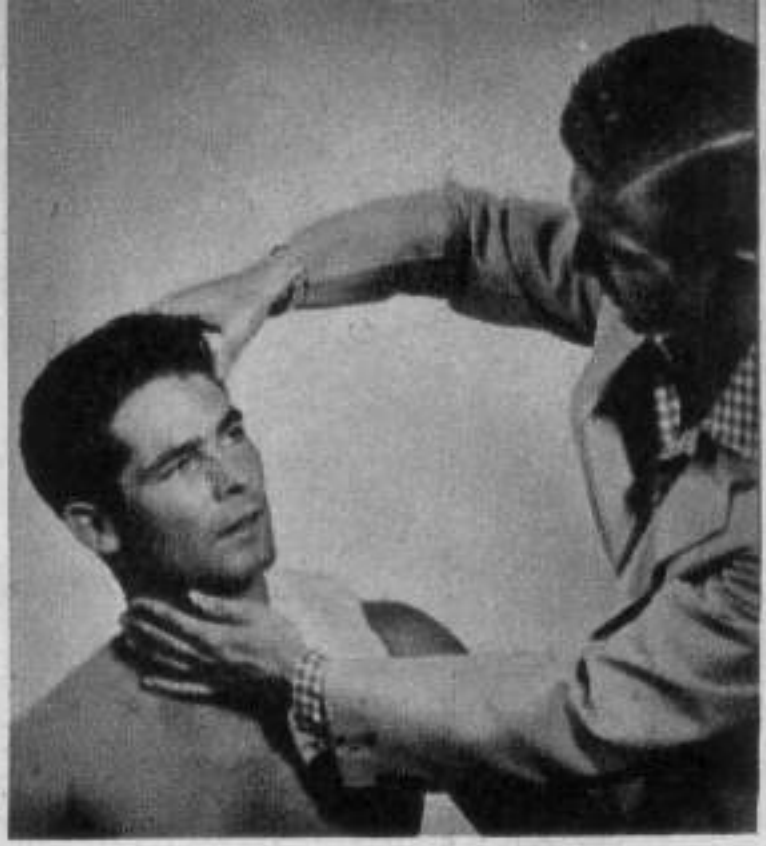

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Learn the Hall Warner Method of Face Culture . . . exactly as used by the leading male stars of screen and television, and by many of today's leading bodybuilders.

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TREAT your skin internally with the famous Hollywood Super-Protein Diet. **REBUILD** your face through the Warner System of Facial Exercise. **CARE** for your skin externally with three of science's most advanced contributions to masculine good looks. . .

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Created ESPECIALLY FOR THE MALE SKIN, these MIRACLE AIDS TO SKIN PERFECTION are almost magical in their effect when used with the Warner Method of Face Culture.

In this course everything "from the collar up" is discussed by Mr. Warner . . . the care of the hair — hair arrangement — care of teeth — in short every avenue to male good grooming is explored.

PRICES: The course "YOUR FACE IS YOUR FORTUNE" alone is $3. The course plus the THREE MIRACLE AIDS TO SKIN PERFECTION IS $10, taxes and postage prepaid.

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Fellows! . . . here, for the first time anywhere, is the only magazine written especially for young bodybuilders from 12 to 21!!

- JUNIOR MR. AMERICA is for Mr. America, Junior! An exciting new magazine containing every bit of up-to-date information that the teen-age bodybuilder should know.
- Every month read the training methods of the junior champions!
- Inspirational stories of puny weaklings who have become masters of destiny!
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- Learn 'how to grow taller' . . . 'how to add weight' . . . 'how to clear up your complexion' . . . 'how to build your body'.
- The secrets of the champions designed to show young bodybuilders how to add inches of symmetrical muscle to arms, chest, legs, and back.
- Sensational photos of Teen-America's Greatest Bodybuilders . . . Glenn Bishop, Richard Alan, Clement Desjardins, Steve Wengryn . . . and many others.
- JUNIOR MR. AMERICA, while written for the junior bodybuilder, will be read and enjoyed by physique fans of every age.

Now on sale at your local newsstand. **Ask for "Junior Mr. America," or send 35c to Weider Publications, 16 Hopkins Avenue, Jersey City, N. J. for sample issue.**

shows in the Bay area), and in addition, he owns the most modern of gymnasiums to which hundreds of persons come to be inspired by his knowledge, and his feats of derring-do.

ADONIS salutes this amazing athlete this month, and wishes him long life, and many, many more wonderful years of superb health.

Viking In Our Midst

(Continued from page 5)

. . . he's quite tall . . . has a very sensitive and deferential way of listening carefully to everything you say. He's a modestly shy, but withal confident person. His deep voice is so controlled that it is barely audible except when he must assert himself, which he does with politeness, resolution and dispatch.

Physically he impresses one with his magnificent body, his enormously broad shoulders, and his rich red-gold tan. He is a study in perfect proportions without being over-developed. Yet you might like to know more

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Even when other methods fail, Weider Weight Gaining Food Supplements add pounds of bodyweight on the most stubborn cases!

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"I was always tired, ashamed of myself, because I was so skinny and weak. Now — thanks to Weider, all this is changed. I gained 45 pounds of muscle, look and feel like a real man!

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Weider Weight Gaining Food Supplement comes in either delicious flavored liquid or handy tablet form. Only 3 teaspoons a day or 3 tablets before meals and you will gain weight!

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than mere impressions, and so we are turning over the pen for a moment to Steve for a personal message to his fans.

"First, I'd like to thank all your readers for the wonderful things they have said about me.

"As for something about myself I can tell you that I am 17 years old, that I live in Passaic, New Jersey, where I still have one more year of high school before I graduate.

"I am of Viking descent . . . part Swedish and part Ukrainian. One of my ancestors was a Swedish soldier who invaded Russia with the armies of Charles XII.

"I was very undeveloped in my early teens, and I first began body - building by using the Weider Cable Set. Later I played football for my school, and several months ago I began weight-training in earnest.

"My hobbies are skin-diving, and swimming. It is my desire to go to the University of Southern California upon graduation, where I hope to major in dramatic art with a view to getting in motion pictures. I'd also

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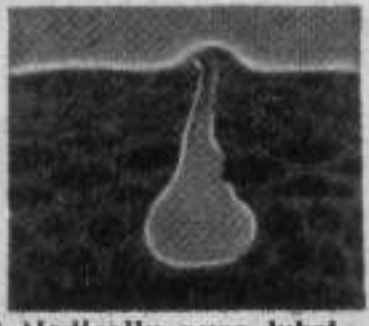
Clear up your Pimples and Blackheads fast. . . . .

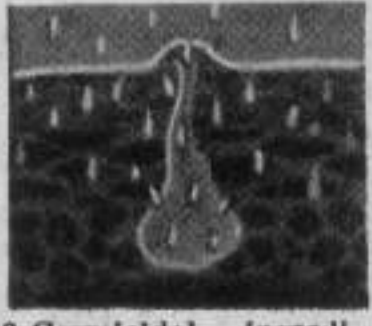
OVERCOME EMBARRASSMENT

Don't suffer the embarrassment of a blotchy, erupting skin another day! An offensive complexion ruins your chances for social fun, business advancement;—makes you feel inferior, nervous, emotionally upset. Now, all this humiliation can be avoided. You can clear up skin imperfections, improve your looks, rid yourself of ugly blemishes once and for all if you send for a Welder Clearskin Kit today. Don't worry if you have failed before—this product is new, exclusive GUARANTEED to work or your money back!

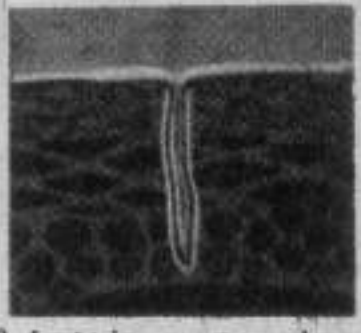
DIAGRAM SHOWS TRIPLE-ACTION BENEFITS



1 Medically pure lubricants soften surface dirt and crusty scales.



2 Germicidal ingredients penetrate deeply, combating infectious germs.



3 Astringents close pores, soothe skin membranes, make face smooth, soft.

USE THIS HANDY COUPON

Welder Clearskin, A
16 Hopkins Ave.,
Jersey City, N. J.

I enclose $3.98. Rush me my Welder Clearskin Kit. I understand I must see improvement in 10 days or my money will be refunded.

Name .....

Address .....

City .....Zone ....State ....

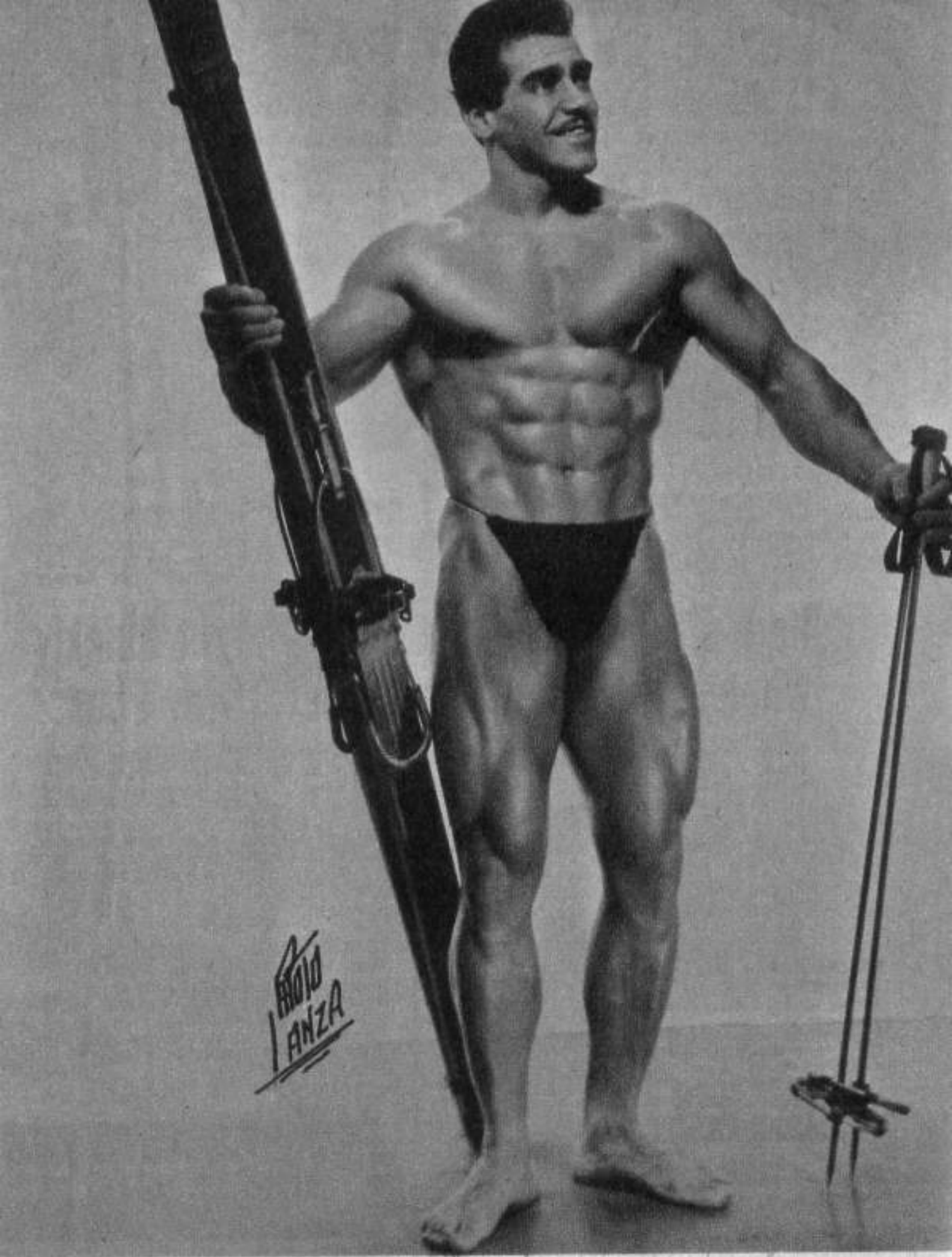
☐ Check here if economy 3 month supply, price $10.00 is preferred. No COD's. Postage is extra. **In Canada, order from: Welder Barbell Co., 4466 Colonial Ave., Montreal, Que., Canada.**

24 HOUR TREATMENT Clears Up Your Skin Twice As Fast

You receive a bottle of liquid preparation to apply before retiring and a jar of skin-colored salve to wear all day which hides imperfections while medications soothe blotchy skin. This 'round the clock' treatment results in such dramatic improvement that you must see a big difference in 10 days or your money back!

UNCONDITIONALLY GUARANTEED

only $3.98
for a full month's treatment



LEO ROBERT by Tony Lanza
Mr. Universe takes to his skis

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15 Millien Fat People Face Early Death

DOCTORS WARN: — Cancer, heart disease, diabetes and other dread diseases attack fat people more often than those of normal weight. Protect your life, your health, good looks! Follow the Weider 3 Way Reducing Plan NOW!

Before

After

JERRY MURRAY At 28, Jerry Murray was too fat, suffered from indigestion, shortness of breath. He followed the Weider 3 Way Reducing Plan and LOST 56 pounds, 10" from his waist.

Before

After

ROBERT REID—Police Constable Robert Reid was overweight, found it hard to do his job. He used Weider 3 Way Reducing Plan for 2 months; lost 30 pounds, regained his former pep and energy.

Here's Why You Must Lose Weight Quickly When You Follow The Weider 3 Way Plan .

1 You receive a supply of medically approved reducing tablets, which protect heart and liver during reduction. Take 3 a day, one before each meal.

2 You aren't placed on a Starvation diet. You eat satisfying quantities of nourishing food, following simple diet instructions outlined to you in FREE printed course. You are never hungry, still you lose pounds each day.

3 You can CONTROL where you lose weight. FREE illustrated course shows you enjoyable exercizes to follow to melt off chest, waist, hips and upper thighs, improving your physical condition and making you look youthful and attractive.

Weider Reduce Aid, Dept. A
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Jersey City, N. J.

I want to lose weight safely and quickly. Rush me the size bottle of Weider Reduce Aid, which I have checked below, PLUS FREE REDUCING COURSE. I am enclosing payment in full.

100 Tablets (one month supply)....$3.50
300 Tablets (three month supply)..$9.00

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Address .....

City .....Zone ....State .....

No COD's. Postage is extra. In Canada, order from: Weider Food Supplements, 4466 Colonial Ave., Montreal, Que., Canada.

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Protect Your Health to Lose Weight Fast — Clip and Mail Coupon

PRICES:—
$3.50 for one month's supply
$9.00 for three mos. supply

like to continue to play football, and my coach at Belleville High School, Wilho Winika, assures me that I would make good material for the U.S.C. team.

"If I am not accepted at U.S.C., I would then like to go to Springfield College (International Y.M.C.A. college), I was inspired to build my body by pictures of Steve Reeves that appeared in MUSCLE POWER.

"Like most boys I have a nickname, and few of my friends address me as 'Steve' . . . most of them call me 'Brauchitsch'."

And so, dear friends, that is the short happy life of one Steve Wengryn, straight from the mouth of 'Brauchitsch' himself!

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by Graham

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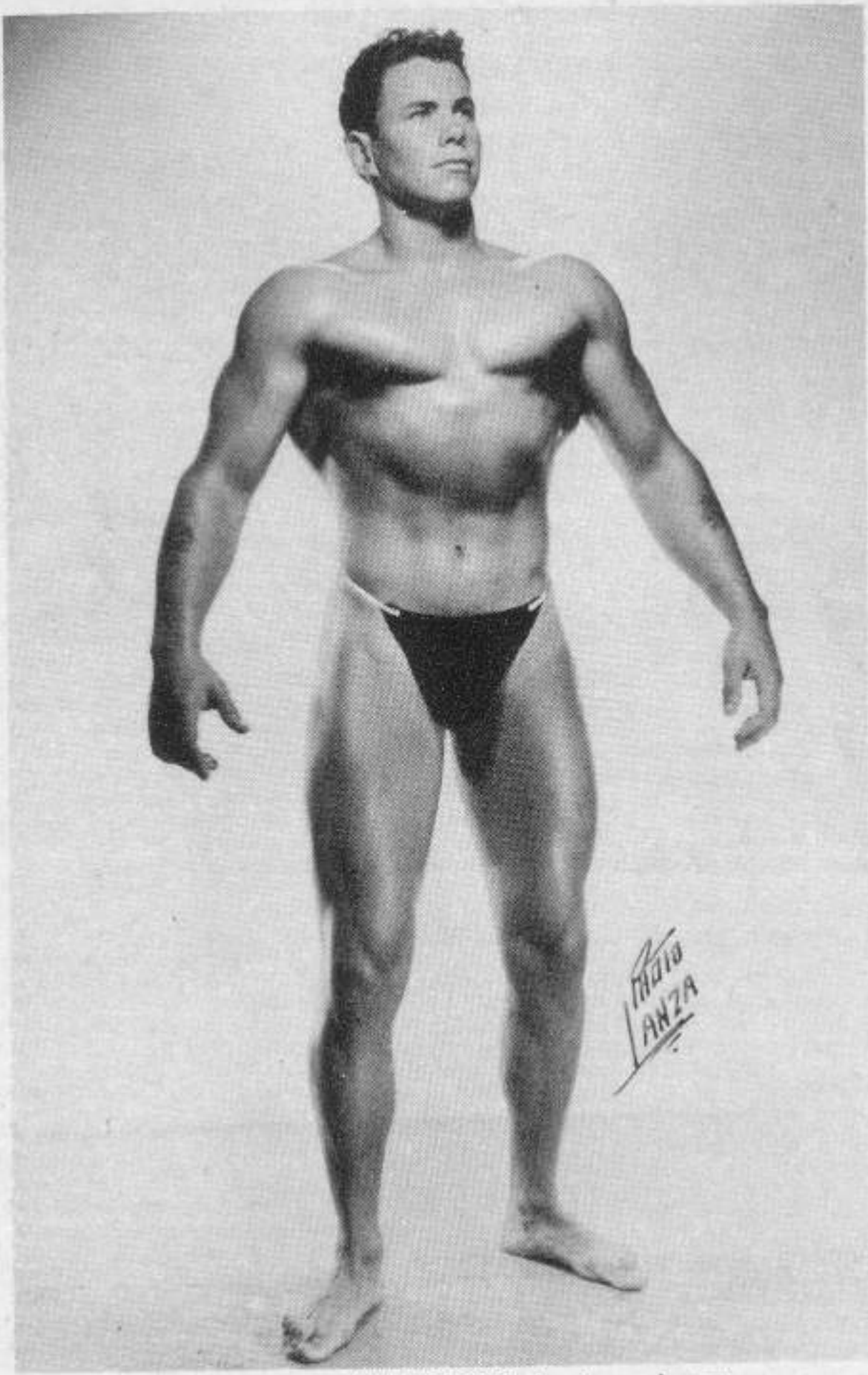
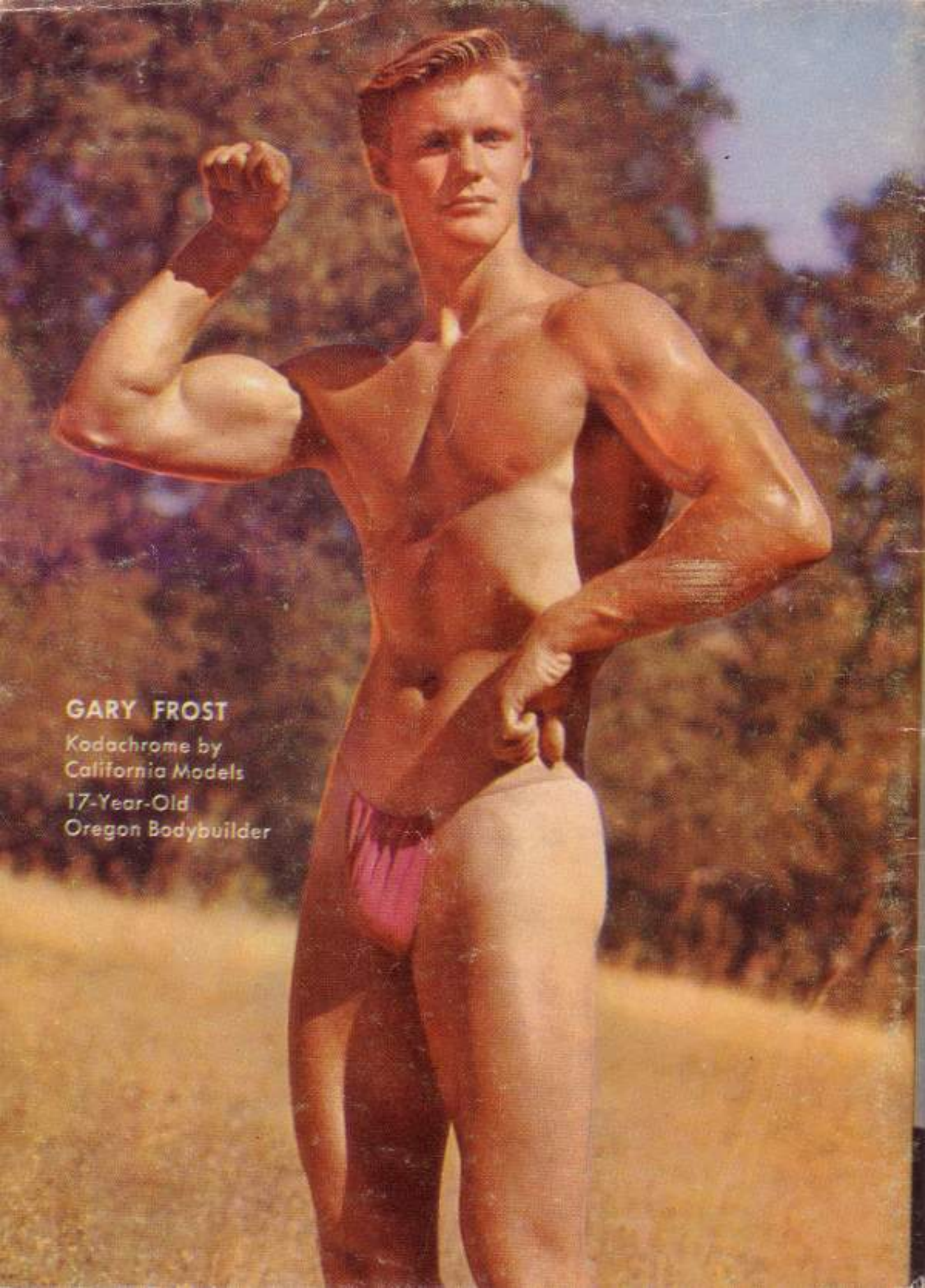


GUY HIGGINS by Tony Lanza

Montreal's gift to the bodybuilding world


GARY FROST
Kodachrome by
California Models
17-Year-Old
Oregon Bodybuilder